



# BE A MASTER

*A NEW AGE BOOK*



**YOU ARE E-C-K**

by

**SUBHASH PATRI**

## **THE KURNOOL SPIRITUAL SOCIETY (Regd.)**

### **Objectives**

To enlighten people on the facts discovered in the Spiritual Science.

To start pyramid meditation centres and train people in meditation and astral travel.

To develop divine consciousness among all.

To bring home the truths of Reincarnation, Law of Karma, Eternal Life, Astral Worlds, Life after Death, Akashic Records, ESP etc., and to initiate experiments therein.

To spread the message of universal love, peace, brotherhood, fearlessness, free thinking etc., which are beyond any particular religion, creed, or community etc.

**THE BUDDHA  
PYRAMID MEDITATION CENTRE  
THE KURNOOL SPIRITUAL SOCIETY  
KURNOOL, A.P. INDIA**





BE  
A  
MASTER



SUBHASH PATRI

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Only

Dedicated to  
**Shri B.V. REDDY,**  
**A Master,**  
and  
**Chief Patron,**  
**The Kurnool Spiritual Society,**  
**with grateful joy,**



## INTRODUCTION

### ABOUT MYSELF :

A small note about myself may help the reader a little more in understanding the contents of the book.

I had the first inclings of meditation and meditational experiences through my friend and the then professional associate, S. Ramchenna Reddy. He was then (1976-79) working as a Representative for E.I.D. Parry, in Kurnool region. During those three years my spiritual appetite was gradually being aroused. As a result, my many interests in more mundane professional, musical and social fields began to wane.

During the latter part of 1979, books by spiritual masters started to fall into my hands; beginning with, James Hewitt's "Yoga and Meditation". The second was "Mind" by Swami Shivananda. The third was "Hinduism" by Sri Veda Vyas, I.A.S.

And the fourth was "You Forever" by Tuesday Lobsang Rampa, which I read on December 28th 1979. And that was the breakthrough. Now, everything was clear. Perfectly understood. My own spiritual enlightenment began. The nature of "Death" was revealed. Death can be only for the physical body. Not for the energy essence of ourselves. The world really is a stage, a theater.

I had become enlightened. I had attained. I had become a Master, now there are no problems in life, only challenges. Now life is not a drudgery, only an unending adventure. The past priorities in life totally disappeared.

Now, only one thing mattered. Everyone else every individual, now became the most important person in my life, I had to help everybody. I had to strive for making others understand the elements of spiritual science. I had to make them all meditators.

And that activity has been continuing ever since.... through the years. And here, now, I stand in 1993. And this work will continue .. unabatedly, ....forever.... eternally....in whichever dimensional world I may find myself at any given time.

## **ABOUT THE BOOK :**

The book is the first major effort to bring to light, in a comprehensive form, everything concerned with The Kurnool Spiritual Society, what its objectives are: what it stands by: its premises: the results of the efforts of meditation and automatic writing, etc.,

## **CHAPTER : 1 : THE KURNOOL SPIRITUAL SOCIETY**

The objectives of the Society are given. The Society's emblem is explained.

## CHAPTER : 2 : MEDITATION AND SPIRITUAL SCIENCE.

Spiritual Science is the ultimate science that fulfills all other sciences, And a major method in spiritual science is meditation. Meditation is the way for total human happiness and progress.

## CHAPTER : 3 : PYRAMID POWER

The Kurnool Spiritual Society has built a pyramidal Meditation Centre to promote the concept of pyramid meditation in particular and of pyramid power in general.

The Society encourages everybody to build pyramids for meditational and health purposes.

## CHAPTER : 4 : MEDITATION

Meditation is a simple thing that everybody can easily master. Especially, the children and the young will be instantly at home with it. Meditation should become a part of the daily routine like eating, drinking, sleeping etc., of every person.

## CHAPTER : 5 : MEDITATIONAL EXPERIENCES

Meditational experiences of a few of the members of the Society are given. Experiences range from third eye visions to astral travels to discussions with astral Masters and messages received from

Names of persons concerned have not been changed. There is never a need for such secrecy. All are invited to come to Kurnool and meet the persons concerned and know more.

Invariably, the experiences transform the concerned personality so drastically and irrevocably so that the slavish, the weak, the doubtful, and the worried die and a Master is Born.

#### **CHAPTER : 6 : THE BOOKS THAT MUST BE READ**

Reading Books is a most vital activity suggested by the Kurnool Spiritual Society. All serious spiritual aspirants must need to read extensively. A list of 'must' reading is given. Reading books is as crucial for Enlightenment as is Meditation itself.

#### **CHAPTER : 7 : AUTOMATIC WRITING.**

Automatic writing is another useful method of obtaining information from Astral Masters. Results of automatic writing of a few members of the Society are included. Automatic writing is easy and everybody can practice it with great benefit.

#### **CHAPTER : 8 : WISDOM AND REVELATIONS OF THE YAGE GRAND MASTERS**

Some excerpts of wisdom and revelations from a

few of the greatest New Age Masters are included for the ready guidance of the spiritual aspirant. All key spiritual truths can be found in these. Rajneesh Lobsang Rampa, Richard Bach, Linda Goodman, Don Juan (Carlos Castaneda), and Seth (Jane Roberts) among a galaxy of so many other Masters, form the "guru parampara", to which the members of the Society joyously "belong".

## **CHAPTER : 9 : THE NEW AGE SPIRITUAL PHILOSOPHY**

A brief catechism of the key concepts of the New Age spiritual philosophy is outlined. The Kurnool Spiritual Society's aim is to spread these concepts among all classes of the public.

## **CHAPTER : 10 : END-PIECE**

The chapter gives an idea of the Society's image of what a New Age person is or should be.

The final message of the book is :

*"Be A Master"*

## **ACKNOWLEDGEMENTS :**

It is my joy to express my heartful thanks to all the persons whom I have met in this life for all the lessons that they have taught me and all the affection that they have showered on me.

And this is an on-going process. Everybody has always a thing or two or three to tell to everybody else. Always so.

I must mention, specially, my wife, Swarna, a noble soul and an impeccable Master. She has been a tower of strength throughout.

I express my appreciation to all the meditators who have written out their meditational experiences for incorporation in this book.

I express my gratitude to the vast assembly of the Eternal Masters. Their wisdom has been the one continuous guiding force in all my efforts.

I express my gratitude to Sri B. V. Reddy, M Sc. Industrialist, Entrepreneur, and prominent citizen of Kurnool, who offered his friendship to me in the very first instance of meeting together.

SUBHASHI PATERI

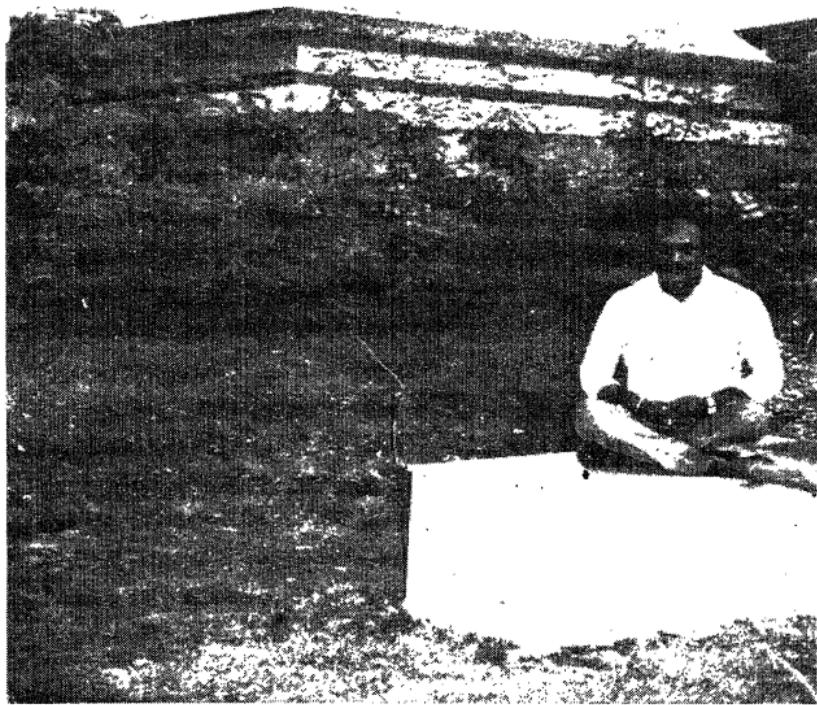
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**THE KURNOOL  
SPIRITUAL SOCIETY**





B.V. Reddy, in deep meditation inside the premises of the Pyramid Meditation Centre, Kurnool. He is the Chief Patron of the Kurnool Spiritual Society and main instrument in the establishment of the Buddha Pyramid Meditation Centre in Kurnool. The construction of the pyramid was begun in 1991 and completed in 1992.



## THE KURNOOL SPIRITUAL SOCIETY

The Kurnool Spiritual Society has been formed with the aim of creating an awareness among the public about the importance of Spiritual Science in our day-to-day life and to investigate into other realms-i.e. other frequency universes-through the means of Meditation and Astral Travel.

With this view, the group at the Meditation and Enlightenment Centre at the premises of N.G. Shoury, 44/187, Prakasham Nagar, Kurnool-4, formed during June, 1990, registered itself as the Kurnool Spiritual Society on 31-12-1990.

### OBJECTIVES OF THE SOCIETY

- 1) To enlighten people on the facts discovered in the Spiritual Science.
- 2) To start pyramid meditation centres and train people in meditation and astral travel.
- 3) To develop divine consciousness among all.
- 4) To bring home the truths of Reincarnation, Law of Karma, Eternal Life, Astral Worlds, Life after Death, Akashic Records, ESP etc., and to initiate experiments therein.
- 5) To spread the message of universal love, peace, brotherhood, fearlessness, free thinking etc., which are beyond any particular religion, creed, or community etc.

### ACTIVITIES OF THE SOCIETY

- 1) To start Pyramid Meditation Centres at various places.

- 2) To publish the experiences of meditators in the form of books, magazines etc.,
- 3) To conduct talks, meetings and seminars etc., by inviting eminent people in the field of Spirituality
- 4) To conduct experiments in Spiritual Sciences.
- 5) To establish a full-fledged Library consisting of all books and magazines published throughout the world in the field of spirituality in the past and those being published now,

### ASTRAL EXPERIENCES

The main objective of meditation is to have astral experiences. The Society invites everyone into the exciting adventures of astral travel and clairvoyance etc.,

The sum total of knowledge obtained as a result of astral experiences is enlightenment. Unless one becomes enlightened one cannot lead a happy and joyful every-day life.

### SOCIETY PUBLICATIONS

The Society undertakes to publish the experiences of meditators and astral travellers. This is an absolute necessity as knowledge shared is knowledge increased. Shared knowledge blesses both the giver and the receiver and contributes to joy in life.

### THE EMBLEM OF THE SOCIETY

The symbol or the Emblem of the Society has the following features :

- 1) the Triangle,
- 2) Meditator with a Third Eye, and,

The words Energy, Consciousness and Knowledge

### The Triangle:

The Triangle represents the Overself. The whole aim of the subject of spiritual science is in fact to bring the knowledge and essence of the overself into ourselves that we are here on this earth plane. The overself is the Triune-Self consisting of the doer, knower and thinking parts. A doer part comes down as the underself. The over-self is also called the psyche. In meditation, we always see the overself as a pulsating triangle, 3-D prism or a Pyramid.

### Meditator:

The emblem depicts a person in meditation. The main aim of the Society is to promote meditation. The way to highest enlightenment is only through meditation.

The meditator is depicted as being above the ground-level. This is because in meditation we do become anti-gravity bodies. In meditation our astral bodies are released from the physical bodies, enabling us to travel freely. Astral Travel is one of the major aims to be achieved.

### Third Eye:

Meditation is the activation of the Inner senses. The Third Eye symbolises the totality of the inner senses. In meditation, the third eye begins to get activated slowly and in its final culmination, results in perfect ability to see Akashic Records, to be clairvoyant etc.

The word 'rishi' means a SEER, what does he see? He sees the great beyond. He sees into alternate-frequency universes. He sees into all the causes behind the effects manifested in this plane of being. How does he see? He sees with his third eye. Acquisition of the third eye is the goal of all advanced souls and is the main proposal of the society.

### Energy-Consciousness-Knowledge

We are all E-C-K units. In the whole of existence there is nothing which is not energy, conscious or knowledgeable. All beings vary only in their ECK contents.

The three, Energy, Consciousness and Knowledge are inter-related and are directly proportional to each other. That is, if you are energetic, you will be more conscious and consequently open to more knowledge. If you have more knowledge, you will be more conscious and be more energetic, and so on.

The essential purpose of each life-time is to increase our ECK. That is the meaning of evolution.

### Pyramid Power and Meditation

The triangle also represents a face of a pyramid. The powers of a pyramid are manifold and one of the major effects of the pyramid energy is that it facilitates easy astral projection.

Experiences of many persons in small sized pyramids in modern times goes to suggest that enhancement of ECK is indeed the main proposal behind the design of pyramid. One of the main aims of the Society is to promote the concept of pyramid meditation.

**MEDITATION**  
**AND**  
**SPIRITUAL SCIENCE**



## MEDITATION AND SPIRITUAL SCIENCE

Meditation is the single most important method/practice through which we progress in the acquisition of knowledge of spiritual science. And spiritual science is the science which studies (1) The Nature of Life between Birth and Death (2) Nature of Life before Birth and after Death (3) Nature of Consciousness (4) Nature of Choices, Plans and Purposes of beings. (5) Nature of Happiness, Progress and Fulfilment (6) Nature of Dreams and out of body experiences etc.

### **Spiritual Science and Enlightenment**

True religion and spirituality have always been coming out with many truths about life and death; nature of Nature around; purpose of life etc.

Following are some of the wrong beliefs held by atheists and agnostics concerning the above and the corresponding truths revealed by the spiritual science.

<b>FALLACY</b>	<b>FACT</b>
1. This physical body is 'I'	This physical body is not 'I' The physical body is but one of our seven bodies.
2. Birth is the beginning of 'I' and death, the end.	Before birth 'I' was, and 'I' continues to exist even after the death of the physical body.
3. Things exist by chance, events happen by chance,	Nothing happens by chance, everything happens by choice.

## FALLACY

## FACT

4. The physical, visible universe is the only universe. There are infinite number frequency universes, out of which the present, visible universe is just one.
5. There are 'living beings' and 'non-living' 'things'. There is absolutely no 'non-living' thing. Everything is a speck of ECK, i.e., energy, consciousness and knowledge, right upto atoms and subatomic particles, and beyond.
6. There is no specific purpose in life. There is a purpose, a plan, and a goal to all specks of ECK. Every being is here to enjoy, explore and evolve.

Following are some of the fallacies commonly held by pseudo religious and semiknowledgeable people, and here are the corresponding actual facts :

## FALLACY

## FACT

1. 'God' is somewhere in heaven; and we have to worship 'Him' and surrender to obtain 'salvation'. 'God' is not a person. 'God' is the fundamental substratum of consciousness. We are all gods. Every 'thing' is 'god'. We only have to realise this and ourselves to evolve.

## FALLACY

## FACT

2. God fixes our destiny and fate. As God ordains, so do we reap.	Destiny is not a fixed one. We make our own reality through our own beliefs, thinking, and choices. We reap what we ourselves sow.
3 We have to forget about ourselves and live only to help others. In short, we have to be absolutely, selfless'.	Each person can help only himself or herself. We can never 'help' others in real terms. We can only reveal the knowledge to others who wish to help themselves. We can only be examples to others.
4. We have to repress our emotions and desires and mortify our body to attain salvation.	There should never be any repression. We are here to express ourselves. Physical body should never be mortified.
5. Suffering is 'given' and we can only endure.	We make our own suffering through our false belief systems.
6. Salvation means union of 'jivatma' and 'paramatma' i.e., of individual and god.	Salvation means self-realisation and knowing that we alone are responsible for our destinies.

Those who realise and discard the wrong beliefs, through the study of spiritual science, widen their consciousness and become rooted in facts, and as such grow stronger and happier. Mental turbulence is replaced by mental tranquility. Trivial, futile and parasitic activities give way to significant, effective and symbiotic activities.

## DAY-TO-DAY LIFE AND PROBLEMS

Problems exist in our day to day life either because we are weak in will or because we are ignorant i.e., we hold on to wrong belief systems. Problems exist because of our self-importance. Problems exist because of our lethargy. Problems exist because we tend to live parasitically, i.e., at the expense of others.

There will be no problems if only one would

1. make one's will strong;
2. replace wrong beliefs by facts through study of spiritual science;
3. totally remove self-importance;
4. involve in ceaseless activity without ever wasting time and
5. learn to live symbiotically, i.e., for mutual benefit with others

## HOW TO DO MEDITATION

1. Take any comfortable posture
2. Clasp your hands.
3. Maintain an upright position
4. Close eyes.
5. Observe Breath i.e. do conscious breathing.

In conscious breathing, you have to be aware of your breath only and nothing- else. i.e., your total attention should be on breathing alone.

When one is actively doing conscious breathing, one's normal mind's broadcaster and receptor functions totally cease and one is in a 'No-mind' state. And no sooner the NO-MIND or NON DOING state is achieved, then the OTHER MIND starts functioning. That is one comes out in the astral body and begins to have new perceptions and experiences. The latent Kundalini in the etheric body is aroused and one acquires many new capabilities by way of awakening of the inner senses.

## BENEFITS OF MEDITATION

The benefits of meditation are manifold. Most physical afflictions, i.e., almost over 90%, are psychosomatic in nature i.e., born in mind and later manifested in the physical. They are because of mental worries. And all mental worries are because of a certain lack of clarity in analysis and thinking. This intellectual immaturity is due to lack of spiritual knowledge.

And, spiritual knowledge is obtained only through meditation by having out-of-body astral experiences. Spiritual knowledge is further strengthened by studying all the existing literature in the field of spiritual science, wherein the experiences of meditators and astral travellers etc., are given in detail.

In short,

- 1) Physical afflictions are because of mental worries.
- 2) Mental worries are because of intellectual immaturity.
- 3) Intellectual immaturity is because of lack of spiritual knowledge.

A spiritually illumined person knows all the causes and has no worries and therefore becomes immune to all physical afflictions in due course.

In Meditation, one's energy is increased through in-flow from cosmic energy sources; new information about alternate realities is obtained and eventually there is expansion of Consciousness.

Thus, meditation enables us to be

- 1) Physically fit,
- 2) Mentally agile,
- 3) Intellectually sharp
- 4) Spiritually illumined,
- 5) Emotionally full of calm, love and joy, and
- 6) Existentially full of positivity, creativity and spontaneity.

Through meditation, we come to know of our eternality and of infinite abilities, in fact, of our Godhood. Simultaneously we become aware of the Godhood of all other beings.

The Unaware Seed/Sapling Gods that we all are, through meditation, reading books, and discussions, grow into Aware Tree Gods, full of flowers, fruits and shade for all.

### Reading Books

Unaware, Seed/ Sapling Gods	Meditation Discussions	» Aware Tree Gods
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Through meditation we come to know of the Grand Universal Law that

“We Create Our Own Reality”

“We make our own reality, wherever we travel and in whichever Dimension we find ourselves.”

“SETH”

## Motto of the Society

The birth-right of every being is joy.  
We are all here to enjoy ourselves and  
our environment.

However, we are unable to own our  
birth-right because we are unaware  
of the nature of formation of events  
or of nature of reality etc.

In short, we are not enlightened.  
Enlightenment is the means and  
Joy is the end.

Therefore, the motto or the guiding  
principle of the Society is

**ENLIGHTENMENT  
AND  
JOY  
ALL**







# **PYRAMID POWER**



## PYRAMID POWER

The fact that a geometric design collects and radiates energy was known to ancient Egyptians, more than 10,000 years ago. They utilised the concept when they built their pyramids.

The pyramid is a solid structure with 4 triangular sloping sides resting on a square base and the 4 apices joining at a point forming the apex of the pyramid. Each triangular sloping face is an isosceles triangle, with the two sloping sides being equal and the base angle equal. The length of the equal sides are all equal and all are similar to each other and of equal area.

The Egyptians knew that the pyramids are store houses of energy drawn from the Universe. The power of the pyramid was obtained through a blending of the radiated Cosmic Energy with that of the gravitation force of Earth.

### THE GREAT PYRAMID AT GIZEH

The Great Pyramid at Gizeh, 10 miles west of Cairo, is well known as one of the seven world wonders. The Great pyramid has a base covering 13 acres and is levelled to a fraction of inch. More than 2.6 million blocks of granite and limestone went into its construction. Its present height is more than 450 feet. The king's chamber is the most important feature of the pyramid. The foundations of the pyramid are perfectly oriented to the north. No mummies were ever found in the Great pyramid.

Scholars are aware that the Great pyramid at Gizeh was built as a place and as an instrument of initiation into altered and higher states of consciousness; through the mechanism of conscious out-of-body experiences

**PYRAMID POWERS:** Experiments conducted in home-made Pyramids have revealed pyramid powers which can be broadly classified as follows: –

1. Preservation
2. Healing.
3. Out-of-body experiences.

## 1. PRESERVATION

1. Preserves fruit, milk and other perishables.
2. Taste of coffee, wine, fruit Juices etc. improves.
3. Used razors, knives get sharpened.
4. Acts as a room freshener. foul smells disappear.

## 2. HEALING

1. Wounds, boils and bruises heal quicker.
2. Reduces over-weight and increases resistance to diseases.
3. Gives relief to and cures Asthma, Toothaches, Migraine Head-ache, Common Cold, High B.P., Arthritis, Palpitation of Heart, Epilepsy, Insomnia etc.
4. Drinking pyramid energised water cures Conjunctivitis, other Eye problems; Helps digestion; Gives the skin a healthy and youthful glow etc.

### 3 OUT-OF-BODY EXPERIENCES

1. Meditational i.e., out-of-body experiences are much easier if done inside a pyramid. Through the Travels in Astral Body, we can explore many other Frequency Universes and thereby expand our knowledge and Consciousness.
2. Dreams become clearer. They take the quality of normal waking state. We understand that Dreams are our normal nightly soul journeys into Alternate Realities.
3. Our whole being is revitalized and the mental, intellectual capacities are increased.
4. Kundalini, and the Energy Centres in our Etheric Body, become activated easily, culminating finally in the Opening of the Third Eye. Consequently we become clairvoyants, having the capacity to see Akashic Records, wherein the past, present and the future are all recorded.

### PYRAMID CONSTRUCTION

1. Pyramids can be made of ANY material.
2. For every one foot of height, the corresponding sides would be 1.4945 feet and base, 1.5708 feet. Side is measured from the corner to the Apex, and height is the vertical height from the apex to the base, i.e., perpendicular from the apex to the base.

<u>HEIGHT</u>	<u>BASE</u>	<u>SIDE</u>
3	4.71	4.48
4	6.28	5.98
5	7.85	7.47
6	9.42	8.98
8	12.57	11.96
10	15.70	14.95
12	18.85	17.93

3 When the sides of the pyramid are in place, they will be forming an angle of 52 degree 51 minutes to the base, a miniature replica of the Great pyramid.

4. The pyramid must be aligned to the four cardinal points i.e., north, east, south and west. One of the sides can be used as the north-south axis. A compass can be used to align the pyramid on magnetic north.

5. In placing objects, measure a distance vertically 1/3rd of the distance from the base to the apex and directly below the base.

6. The bed should be placed so that the longer sides lie along north-south line and shorter sides on the east-west line. The head should be on the north side and feet on the south side. While sitting for meditation, face the north.

References:

1. The Secret Power of Pyramids ..... .... .... Bill Schul and Ed Pettit
2. Pyramid Power ..... .... Toth and Nielsen
3. Journeys Out of the Body... R.A. Monroe



Members of the Pyramid Dhyana Kendra, Anantapur, in meditation during a regular class. Meditation is absolutely necessary for children, youth, the old, ladies, in fact, for all people.



# **MEDITATION**



## MEDITATION

What is meditation? Before we go into knowing what meditation exactly IS, it is better to know what meditation is exactly NOT.

### MEDITATION IS NOT CONTEMPLATION :

In English language, the phrase 'meditate upon', is often used, which means 'contemplate deeply' or 'reflect upon the pros and cons', or 'ponder on'.

However, in spiritual parlance, the term meditation does not refer to 'contemplation' or 'pondering', Meditation is NOT an intellectual activity or a mental exertion.

### MEDITATION IS NOT CHANTING:

In Hindu parlance, meditation or dhyana is usually understood as chanting or repeating a divine name. In fact, that is not called dhyana, but is only 'Japa', Japa is constant repetition of a name or Mantra. Japa is usually resorted to still the mind.

### MEDITATION IS NOT PRAYER:

Prayer may be considered as a petition to some unknown power with a request to take care of one's difficulties. Supposedly, the 'God's that be' are carried away by the 'stotra' and will readily resort to granting of boons.

## MEDITATION IS 'SEEING'

Meditation is not contemplation.

Meditation is not chanting.

Meditation is not prayer.

Meditation is 'Seeing', or 'witnessing' activity of the 'self' or 'consciousness', which is non-intellectual, non-mental and non-verbal.

## MEDITATION IS ALTERED STATE OF CONSCIOUSNESS :

Meditation is an altered state of consciousness wherein you will perceive alternate frequency-reality systems which are all simultaneously co existing with the present 'VIBGYOR' frequency universe. Our present time-space continuum is but one of infinite number of other time-space continuums which are all vibrating at different frequencies.

When you are in the act of perceiving and interacting with the non-ordinary dimensions of COSMIC REALITY, you are said to be in meditation.

Cosmic Reality includes all the separate but interconnected individual frequency-reality universes.

## MEDITATION IS SILENCING THE 'INNER TALK' AND SEEING WITH THE 'THIRD EYE' :

Meditation begins with the silencing of the normal mental activity. There is a constant 'Inner talk'

that is going on incessantly when a person finds himself unoccupied. This continuous inner chatter is called as 'Chitta'. Rishi Pathanjali defined Yoga as 'Chitta vrithi nirodhaha'. That is, meditation is the total cessation of the inner 'Chitta'.

The immediate consequence of the cessation of this inner 'Chitta' is the beginning of 'Seeing'. You begin to see flashes of alternate frequency realities. This seeing is done with help of the activated, third eye. Third Eye is 'Ajna' Chakra. Ajna Chakra is the sixth energy vortex in the Etheric Body. Etheric body is the second of the seven bodies of man. It is also called as 'Pranamaya Kosha'.

## WHEN TO MEDITATE

Any time is right time for meditation. However, early morning i.e., pre-dawn hours are the best as we would be in a proper state of freshness after a full night's sleep. Moreover, there would be darkness still all around. Meditation should always be done in darkness, definitely so for a beginner. In day-time, lights should be switched off and windows closed so as not to let in any light.

## HOW LONG TO MEDITATE:

One should sit for a minimum of 40 minutes in each meditation session. Shorter duration will not be of much help. Slowly, one gets habituated to devote more time. More the duration of a session, deeper would be the state of meditation achieved.

## PROCESS OF MEDITATION:

The whole process of meditation can be divided into different stages. In terms of Pathanjali and the Buddha they are as follows :

	PATHANJALI	BUDDHA
1)	ASANA	
2)	PRANAYAMA	ANA-PANA SATI
3)	PRATYAHARA	
4)	DHARANA .... .... ....	VIPASSANA
5)	DHYANA	
6)	SAMADHI .... .... ....	NIBBANA

### (1) ASANA OR COMFORTABLE POSTURE :

'Be still and know thyself' is the constant advice of all seers.

Stillness of mind cannot be achieved without a prior physical stillness. As such, learning to sit still absolutely quietly, and without any movements of the body, is the first step in the process of meditation.

Pathanjali has said 'Sthira Sukhamasanam', any comfortable and stable posture can be adopted. However, the best is the normal cross-legged sitting posture. This is called 'Sukha-asana'. Further, the spine, neck and head should be kept in one straight line. Bhagavadgita has said 'Samah kaya shirogreevam'.

Then the hands should be clasped together. This is so because the etheric energy that normally oozes out of the etheric finger-tips should be conserved and kept within one's own self.

The eyes shculd be closed and then we go to the next step.

#### PRANAYAMA OR ANA-PANA-SATI OR OBSERVING THE BREATH :

After having taken a comfortable and stable posture; having kept the spine erect; having clasped the hands; and having closed the eyes, one should begin to observe one's own breathing.

'Ana-Pana', is a pali phrase to indicate 'Prana and 'Apana' or in-breath and out-breath. 'Sati' means to be with. Thus, Ana-pana-sati means to be with the In-breath and the out-breath.

Normally, man is not conscious of the breathing process that is constantly going on in the body. This is so because he is constantly involved in listening, speaking or thinking activities. Even while he is not doing any of the above, there is a constant 'Inner Chatter' that is going on which occupies his attention.

However, in meditation, we are to set apart all these activities and concentrate solely on the breathing process. The objective is to be aware of the breathing process only and nothing else. This is called 'conscious breathing' as against the normal 'un-conscious breathing' that constantly goes on in the body.

It is perfectly natural that the mind keeps straying off in the beginning and it should be our effort to bring our attention again and again to our chosen object of breath. By and by, with constant practice, we would soon be able to achieve being at-one with the breath, solely, to the exclusion of all other thoughts.

While Ana-pana-sati is being practiced, a few points need to be remembered.

- 1) there is no need for any deep breathing;
- 2) No 'Kumbhaka' is to be attempted, Kumbhaka is holding or withholding of the breath inside or outside.
- 3) Easy and natural breathing is to be done (as the physical body is usually accustomed to.)

Has not 'Taoism' repeatedly stressed that,

"Easy is Right; Right is Easy.

Easy is Natural; Natural is Easy.

Natural is Right; Right is Natural"?

Keep to the Easy, keep to the Natural and you will always be Right.

So, only easy and natural breathing is to be adopted. As Ana-pana-sati is practiced, we approach the next phase.

### PRATYAHARA OR INWARDING OF THE OUTER SENSES :

What happens when you are at-one with your breath? you will encounter a new silence.

Soon you will find that the magnitude of breath becomes shorter and shorter. Finally, it becomes so short that it takes place only in the upper part of the nose or what is called as the 'nasika-agra', This is the space between the two eye-brows.

We find that the 'Inner-Chatter' has totally ceased and that we are in a state of deep inner silence.

You would have entered such a deep inner silence that you would have lost the awareness of your breathing process too.

Now you cannot hear outer sounds; you would have gone beyond them. This stage is called Pratyahara (Prathi + Ahara) i.e. inwarding of the outer senses.

### DHARANA OR VIPASSANA OR ACTIVATION OF THE INNER SENSES :

What happens when you are in a state of deep inner silence? Things will begin to happen. You will begin to encounter entirely new phenomena.

One may begin to hear new sounds, see new sights and smell new scents. One may see absolutely brilliant light and new worlds. You will find yourself face to face with new reality systems.

It is natural that in the beginning one would be unable to make head or tail of these new snapshots that one sees. However, soon one becomes an adept and a measure of control in seeing would be achieved. This is the beginning of interaction with the new realities with a greater degree of will and purpose. This is the stage of establishing contacts with astral persons and having dialogues with them. Questions may be put and answers received, all telepathically.

Now, we proceed to the next stage, dhyana.

#### DHYANA OR ASTRAL TRAVEL :

The Sanskrit word dhyana is actually dhi+yana.  
dhi=complex of subtle bodies and  
yana=travelling

Thus, dhyana means travel in higher bodies, i.e., astral, causal or cosmic etc. Remember, man has seven bodies

Suddenly you may find yourself outside your body and you may be travelling at a fast pace in new frequency worlds. This is much like your travelling

in a train while seeing the fleeting scenery through the window.

You may also encounter a classic 'tunnel experience' i.e. you will see yourself travelling in deep, black, tunnel-like hole, at the far end of which you will emerge out into brilliant light and bright worlds.

This stage is called as 'Dhyana'

It is again natural that in the beginning, it would be a rather random and spontaneous or uncontrolled travelling. But soon, with greater practice, one achieves willful and directed astral travel.

And, at deeper levels of meditation, you will also encounter another phenomenon called 'Kundalini' Awakening. 'Kundalini' is a force that is locked up in the etheric body in the 'Muladhara Chakra' and when aroused, will help in activation of subtler energy centres right upto the 'thousand petalled Sahasrara'. This results in the activation of one's higher bodies like the Spiritual and Cosmic bodies. Subsequently we learn to travel in these higher vehicles. Very high frequency worlds can be visited only with the help of these vehicles. Only Ascended Masters live in these worlds.

#### **SAMADHI OR NIBBANA OR ENLIGHTENMENT :**

After an immense amount of dharana or 'vipassana' i.e. third eye seeing and an immense amount of dhyana, i.e. astral travel, what naturally ensues is Enlightenment.

Now, one would be able to see and know for oneself, one's own true multi-dimensional nature. And, also the nature of the whole "COSMIC REALITY". One would have researched into one's previous life-times thoroughly through the means of checking 'Akashic Records'.

Akashic Records are symbolised by the concept of 'Chitra Gupta'. It is actually 'Gupta-Chitra', or secret records. Whatever has 'happened', is happening now or in 'future' times, in the various 'physical' planes, is all automatically recorded or impressed in the etheric matter of the astral worlds. These records are readily available to trained astral vision.

Going through the tapestry of infinite life-times, one would perceive the inter-connecting thread of Law of Karma kneading through all of them. One would gradually arrive at the grand understanding that

"You create your own reality, wherever you travel, and in whichever dimension you find yourself".

This state of understanding is Enlightenment. This is the stage of 'Samadhi'. Samadhi can be interpreted as 'Sama-dhi' or the state of perfect equanimity of

intellect, or also as the stage of having obtained all the answers or 'Samadhana'. This is the stage of 'Nibbana' or the state of total cessation of Dukkha. Nibbana is the Pali equivalent of Samskrit word Nirvana.

Now, in this state of Enlightenment, Samadhi or Nibbana, one is unaffected by dualities like birth/death; loss/gain; pleasure/pain etc. The restless nature of the mind is finally overcome. The intellect is freed forever from the encumbering 'Chitta' and is available for the first time for performing it's ordained function of research and investigation into Truth and accumulation of Wisdom.

## THE PROCESS OF MEDITATION

Close your eyes and relax your body. . . . Take all the time you need to get comfortable. . . . Shift muscles . . . Stretch and relax. . . . Make sure your spine and neck are straight and aligned . . . Not held stiffly. There is no stiffness here . . . Just comfort, the beginning of calm . . . There is no hurry now . . . There is nothing else to do . . . Or think about . . . . Just relax. . . .

Notice your breath .... ....

Inhale slowly ....

Exhale slowly .... ....

Let your breath sink in and out .... ....

Your breath is a rhythm of calm ....

Follow your breath .... .

Be still .... ....

Be your breath .... ....

Use your mind to follow your breath .... .... in .... out .... .... in .... .... out .... ....

That is all .... ....

Be your breath .... ...

Be your breath .... ....

Be still .... ....

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Source : "Life's Companion" by Christina Baldwin



Subhash Patri, President, Kurnool Spiritual Society, speaking to members of the Proddatur Spiritual Society, at Proddatur, on the occasion of the first 'Vemana Gnana Yagna'.



# MEDITATIONAL EXPERIENCES



## **MEDITATIONAL EXPERIENCES**

It is again and again commonly asked, "why should we resort to meditation ? What do we do stand to gain ?".

In reply, it can only be repeated that Meditation has pay-offs at various levels. At the physical level, it drives away dis-ease and gives us ease.

At the mental level, it banishes tiresomeness and brings in vivacity and freshness.

At the intellectual level, more and more clarity, in all we think and feel, is the result.

However, it is at the spiritual level that the highest pay-offs are obtained. Meditation should primarily be resorted to have transcendental experiences. Things of the mundane are left behind and we have other-world; other-dimensional experiences. Such experiences are revealing, ennobling, and enlightening and give us meaning, purpose and zest to our lives. The end result is we become KNOWERS and SEEERS.

Spiritual experiences could be out-of-body astral travels; telepathic/voice messages received; clairvoyance; precognition; past-life recalls; meetings with Masters and other-dimensional denizens; ability to communicate with all life around; ability to heal; knowledge of our seven bodies; ability to read akashic records etc.

## SHRUTI AND SMRUTI

'Shruti', as differentiated from 'Smruti' is ..... is 'heard' or what is 'revealed'. Shruti is what you HEAR when your normal thinking faculty is totally shut down, as in case of meditation; trance; vivid dreams or in rare states of extreme stress. At such times, you tune into different dimensions, other than our normal or waking one, and receive messages from one's Overself or from other persons. Such information or data is called 'veda' or 'knowledge'. Only Shruti is considered as 'Pramanika'. i.e. valid

'Smruti', on the other hand, is the result of our normal contemplative thinking faculties. Smruti enlarges our understanding of THIS dimension, whereas Shruti brings to us knowledge of OTHER dimensions. Shruti also gives to us knowledge of the true state of THIS dimension as seen and explained from Greater Reality.

Rishis or Seers are wedded to Shruti, while philosophers and scientists are wedded to Smruti. Smruti is the use of THIS MIND, while Shruti is the use of the OTHER MIND.

All Meditational Experiences are Shruthi. Books written by meditators and channelers form the modern VEDAS.

## SOME EXAMPLES OF 'SHRUTI'

Following are some of the meditational experiences of a few members of the Kurnool Spiritual Society recorded immediately after respective meditation sessions.

The telepathic questions/answers and actual astral travel experiences are recorded verbatim and presented as such. For detailed and more information as to their other experiences and their transforming effect on their respective lives, personal contact is advised.

Following are only a small selection from a vast galaxy of the members of the Society who all have greater or lesser spiritual experiences. It is our intention to publish all these in due course.

### Mr. N.G. Shoury

Mr. N G. Shoury obtained the following answers, presumably from his Over-self, to questions put during meditation. Some answers were heard distinctly, in voice, and others were received telepathically.

### 1-9-90 : WHAT IS TRUTH ?

Truth is like a seed. It has many dimensions. As a seed you see one dimension. When it sprouts and grows into a plant you see a different thing and when it becomes a tree you see yet another thing. There are different dimensions to truth. One can never say "I know all the Truth".

## 18-9-90 : WHAT IS A PROBLEM ?

A problem is a clash of ideas. When the "I" joins it, it becomes a problem. When the 'I' is away, it is not at all a problem.

When a problem arises, do what you want to do and then just detach yourself from it. Do not worry about the results.

## 19-9-90 : WHAT IS MEDITATION ?

Meditation is just going into other dimension. It is entering into a different consciousness, a different vibration.

## : WHAT IS LIFE ?

Life is Living. Living every moment, when you are happy, be in happiness, when you are sorrowful, be in sorrow. Do not try to escape. Just be in that state. To be in the state is Living.

## 20-9-90 : WHAT IS SORROW AND WHAT IS HAPPINESS ?

There is neither sorrow nor happiness. It is only interaction of forces in nature. When you get, you will be happy and when you lose, you will be sorry. Be a witness to overcome these states.

14-10-90 : WHAT IS JNANA ?

It is knowledge of difference between reality and appearance.

: WHAT IS WISDOM ?

Wisdom means right action at right moment.

15-10-90 : WHAT IS SINCERITY ?

Doing a right thing in a right way.

21-10-90 : Swami Yogananda Paramahansa appeared and answered the question this time.

: WHAT IS SADHANA ?

Applying mind to the action to reach a goal.

22-10-90 : The following again are the answers given presumably by the Overself of Mr. Shourie.

: WHAT IS FATE ?

Fate is your own making. You think and act out your fate.

22-10-90 : WHAT ARE SORROW AND SUFFERING ?

They are moves in tunnels of ignorance.

22-10-90 : WHAT TO DO ?

Go ahead to the end of the tunnel. Then you see Light.

23-10-90 : Sri Satya Sai Baba appeared and answered the question.

: WHAT IS DEATH ?

Death is transformation of consciousness to other dimension i.e. from the limited to the unlimited. 'This' consciousness is limited by space, time and senses. Although you go into the unlimited, i.e., after death, you will still be limited by what you have learnt in this life. So one must free oneself from the limitation in this world itself. Your experience of the unlimited depends upon your choice. Temporarily, you are constantly going into other dimension, i.e. in thinking, in dreams and in meditation. However, because of the physical body, you come back again. Once you die, i.e. vacated the body permanently, you will be free.

28-10-90 : The following again are the answers given presumably by the Overself of Mr. Shourie.

: WHAT ARE HEAVEN AND HELL ?

Heaven is freedom of choice. You ask, you get. Hell is burden of limitation. You are burdened with a sense of sin, guilt and ignorance. You are trapped and suffocated. You don't know how to choose. You have to free yourself, from the limitation to reach Heaven. Religion is also a burden of limitation.

## 8-11-90 : WHAT IS THE PURPOSE OF LIFE ?

The purpose of life is to make the limited, unlimited. To learn to live in the limited, to reach the unlimited.

## 10-11-90 : HOW TO GO FROM LIMITEDNESS TO UNLIMITEDNESS ?

Take any life situation like birth, death, happiness/unhappiness, hatred/jealousy. Then go into meditation and try to see the limitedness of it and expand your consciousness. You see the limitedness of it and go beyond it.

## 17-11-90 : WHAT ARE BODY, MIND AND SOUL ?

Body is the outer. Mind is the product of the body. Mind can be trained. Body is controlled by the mind. When the mind is stilled, the soul takes over. The so-called inanimate things do not have mind. They have only soul. We can contact souls of any being or object when we still our mind. Through meditation we can contact any soul.

## 20-11-90 : HOW TO DO SADHANA ?

First of all one should dismantle all beliefs, religious or scientific or superstitious. Then select any Master. Then select a field of research, whether it is astral travel, healing, prediction or past-life records etc., Then ask your Master to lead you and he will show you the way.

## 26-11-90 : WHAT IS EVOLUTION ?

It is growth into different dimensions. To evolve, one needs strong desire, a need and will power.

## 27-11-90 : WHAT IS SLEEP?

Sleep is a state when the watchful consciousness loses its grip on the organism. The organism relaxes and takes rest. During the state it regains the spent energy and rejuvenates. The body is on the autogear. The subconsciousness takes hold and you slip into a dream state.

## 27-11-90 : WHAT IS A DREAM ?

It is a state when sub-consciousness comes to the surface and slips into eternal time. There is no past, present or future. The experience begins to weave into symbol. The reason and logic of the wakeful state is thrown out of gear. The language of symbol takes hold. With will power, one can direct the dream and understand the language.

## 28-11-90 : WHAT ARE ALTERNATE SELVES ?

Alternate selves are like antennas sending and receiving information. They do and investigate similar kinds of information and work. They may not know each other, but they can understand each other when they come face to face. There may be

innumerable alternate selves doing the same kind of spiritual work simultaneously. If one understands the concept of Alternate Selves, one can develop at a greater speed.

#### 28-11-90 : WHAT ARE AKASHIC RECORDS ?

Thoughts and feelings of each and every one are recorded like vibrations just like the voice is recorded on the magnetic tape.

#### : HOW TO FIND OUT ?

Only through meditation. During sleep also you can find it. You must ask specifically.

#### 29-11-90 : WHAT IS NIRVANA ?

Nirvana is the soul merging in the infinite without losing the identity after death. An unenlightened soul after death, feels suffocated in the unlimitedness. An enlightened soul after death merges in the unlimitedness without difficulty. The Nirvanic experience can be attained in meditation also.

#### 29-11-90 : WHAT IS THE ASTRAL BODY ?

Astral body is energy body. During Astral Travel it collects energy and gives to the physical body. When the physical body fails to receive energy from the astral body, one dies.

The Astral body meets different bodies in astral travels and gathers information and it becomes part of the consciousness of the person.

When one is sick, most of the time the astral body will be outside, roaming in different worlds, collecting energy. Before one's death, the astral body meets the souls of near and dear. It contacts and speaks with them, who are on the other side. The person would like to meet them as early as possible and will gradually lose contact with the physical world.

### 30-11-90 : WHAT IS THE ETHERIC BODY ?

Etheric is the light body. it emits light. When one is healthy, etheric body will be stronger.

### 30-11-90 : WHAT IS AURA ?

Aura is the light emitted by consciousness. The colors of the aura change according to the level of the consciousness; body consciousness, physical consciousness and spiritual consciousness. The color changes and expands as the consciousness and thoughts change.

An enlightened soul can retain the spiritual consciousness all the time and the change of color in the Aura will not fluctuate much.

### 19-12-90 : WHERE DOES ONE GO AFTER DEATH ?

There is no fixed place for anyone. It depends upon how much one has evolved on earth.

A highly evolved soul may go to one place. A less evolved soul may go to a different place.

**19-12-90 : HOW MUCH TIME DOES IT TAKE FOR A PERSON TO COME BACK TO EARTH ?**

It depends on how much one is evolved. For a highly evolved person it may take a long time. The less one is evolved, the quicker he returns to earth,

**19-12-90 : ARE THERE EVIL SPIRITS/SOULS ?**

Yes, people who have not evolved and who are possessed with passions like jealousy, hatred etc. become earth-bound after their death. They don't understand the higher life. They try to do harm and play tricks with others. However, they cannot influence enlightened persons. They are quite helpless before them. Only unevolved persons and weaker minds are affected.

**22-12-90 : HOW IS THE BODY AFFECTED BY DISEASES ?**

First the astral body is affected by thought forms. Then the mind feels fear, confusion and anxiety. The astral body may get some fearful and dreadful dreams. Then the body cells absorb it and the disease is caused. So it takes time to reach the physical body from the astral body. If you are aware of it, you can prevent it by expanding the consciousness through meditation.

### 30-12-90 : DO WE CREATE OUR OWN PROBLEMS ?

We don't create our own problems, but the situation is created for us. When we step into it we are caught by the problems.

### : DO PROBLEMS HAVE ANY SPIRITUAL SIGNIFICANCES ?

Yes, the problem is not important. The struggle against the problem is very important. We have to identify and ascertain whether it is an ego problem, a problem of ignorance, or a problem created by society etc. When we diagnose the problem, we see Light and the problem ceases to be a problem.

### 3-1-91 : HOW DO THINGS OR EVENTS HAPPEN ?

First they are formed in the astral. The mind of a person acts as an antenna. Each person receives it according to his or her nature. As it enters the mind it grows into an idea. Gradually the idea becomes an actuality.

### 5-1-91 : IS DESIRE THE CAUSE OF SORROW AND SUFFERING ?

No, desire is essential for man's growth and well-being. It brings sorrow and suffering only when it clashes with other's interests.

5-1-91 : WHAT IS THE CAUSE OF SORROW AND SUFFERING ?

The cause of sorrow and suffering is lack of knowledge and understanding.

: ARE RICHES AND POVERTY HINDRANCE TO SPIRITUALITY ?

No, they have nothing to do with it. Spirituality comes from the knowledge one has from previous births i.e. from the bank balance that one has.

12-2-91 : HOW TO EXPAND CONSCIOUSNESS?

First remove religious and scientific beliefs and change your attitudes about life and its problems.

Then be aware of wakeful and dream states. Finally, change the frequency through meditation and try to contact other dimensions.

30-5-92 : WHAT ARE FREQUENCIES?

We live in different frequencies. Thoughts are frequencies. Anger, jealousy, hatred, lust and love are frequencies through which we constantly travel. Each frequency produces a particular vibration. Some frequencies are destructive and some are beneficial. When you are aware of the frequency you can change it consciously with your will power. The beneficial frequencies are empathy, universal love, 'you are that' etc.

## **MORE EXAMPLES OF SHRUTI**

### **Mr. T. SATYANARAYANA**

Mr. T. Satyanarayana of Kurnool, received the following messages, advices from Sri Nityananda, his regular guide in meditation.

**20-9-90 : HOW TO EXPAND AURA ?**

For extending your Aura, you should expand your inner consciousness. Then the Aura will expand automatically. Try to become a guide yourselves, do not ask for a guide for long.

**: WHAT IS DEATH ?**

Translation of life into another form.

**10-10-90 : WHAT IS THE USE OF ASTRAL TRAVEL ?**

It is a fount of Knowledge. You can see natures' beauty, seen and unseen things, and nature's creation. It will go a long way to help you in your meditation.

**: CAN WE GO LONG DISTANCES BY ASTRAL TRAVEL ?**

Why, we can travel like an ant or soar like a plane. We can travel at the speed of light or at the speed of thought.

## 11-10-90 : WHY SHOULD WE HEAR OTHERS' EXPERIENCES ?

You should hear others' experiences as it is knowledge.

## 15-10-90 : WHAT IS MEDITATION ?

: Meditation is like an oil burnt in the cup of the body for kindling the light of consciousness. You should always keep the cup full as long as your physical body exists.

## : WHEN CAN I RAISE KUNDALINI ?

"Great heights achieved and kept by great men are not got by sudden flights."

Then he himself questioned Mr. Satyanarayana, as follows :

"Did you get pain in the stomach and feel something rotating in your stomach and hot air emerging from your nostrils ? "

"Yes Swamiji", Satyanarayana replied.

Then Swamiji said, "The Kundalini is now like a hood of a snake and it will rise automatically and it is the sign of rising of kundalini."

Mr. Satyanarayana put some more questions.

## : WHAT IS SUFFERING ?

Suffering is an energy. It may make you strong or weak. With your will power, it will make you strong.

## : IS IT ESSENTIAL ?

Suffering is essential for the development of an individual.

## 16-10-90 : WHAT IS KNOWLEDGE ?

Knowledge is experience gained through analysis and synchronization in meditation.

## : WHAT IS AJNANA ?

Forgetfulness of the consciousness within.

## WHAT IS TOLERANCE ?

Tolerance is giving unto others what you desire most. Because one who desires for himself most will not give it to others.

28-10-90 : On this occasion Mr. Satyanarayana could see Sri Satya Sai Baba, who came to watch the people doing meditation. And along with Mr. Satyanarayana, Mr. T. Venkataswamy and Mr. Narasimha also could see Saibaba and talk to him. Firstly, Saibaba gave the following message.

## MESSAGE FROM SATYA SAIBABA

“I have come to this world to relieve the people of their ignorance and give them knowledge and truth and set them on the right path.”

Mr. Satyanarayana further put the following questions to Saibaba :

: WHAT IS LIFE ?

Life is nothing but experience, knowledge and bliss.

: WHAT IS MEDITATION ?

Meditation is the first step and threshold towards realisation of the Inner Consciousness.

: IS IT NECESSARY THAT MEDITATORS SHOULD OBSERVE CELIBACY ?

It is not necessary to observe celibacy by house-holders. However, they should not have illegal or illegitimate contacts.

28-11-90 : On this occasion his regular guide Sri Nityananda appeared and answered.

: WHAT IS LEVITATION ?

Truncation of magnetic attraction of earth by concentrating on the inner Consciousness.

One should be on the right path of meditation. That is love of others and avoiding unnecessary killing. In levitation, you cannot go beyond the lunar.

16-5-92 : On Buddha Purnima day Lord Buddha appeared and the following discussion took place :

: WHAT IS KNOWLEDGE ?

Knowledge is knowing thyself through self evolution by means of meditation.

: WHAT IS DEATH ?

Death is not a phenomenon. It is change of places from the present to the future.

: WHAT IS SLEEP ?

Sleep is nature's kindly agent, to be used frugally.

: WHAT IS YOUR MESSAGE ?

Let all human beings be united in search for self-realisation and let there be peace on earth.

(During meditation, the old age Sameer Baba and Sri Kasi Reddy Tata also appeared separately and appreciated the efforts in search for truth, particularly on the Buddha Purnima day.)

MY EXPERIENCES IN ASTRAL REGION BY THE  
GRACE OF MY GURU AND GUIDE BHAGAVAN SRI  
NITYANANDA.

— T. SATYANARAYANA —

Meditation is withdrawal from outer senses and seeing through the inner senses.

During my meditation at 11-15 p.m., One day my guru appeared before me and entered into my body through my Sahasrara. Immediately my body became heavier and my face became swollen, as it was my first experience. I became confused and could not realise that my guru has graced me with his august presence. But I continued my meditation. Then I clearly saw my guru getting into my body again through the Sahasrara. I became bold and I asked him a few questions to clear my doubts.

First question : "Who is God?"

He replied : "I am God."

The tone was as if the words were coming from deep inside a ravine.

Next question I put was: "Where is God?"

He answered : "In me and you."

Next I asked : "What do you want me to do?"

He replied : "Preach and propagate meditation."

On another occasion I had the good fortune of meeting my guru during my meditation. The time was 1-15 a.m., when we were in group meditation He appeared before me in the form of a tiger. Since I had seen my guru on previous occasions, I was not perturbed by his appearance in the form of a tiger. He swallowed me and ran into a forest. I felt suffocated in his belly and started coughing. Then he let me out from his stomach. We were then in a thick forest and the place was unknown to me. We both travelled for some more distance and I saw a sage sitting in meditation on a small hillock. My guru told me that the Person is sage "VALMIKI". The place had great vibrance and attractive aroma. Golden aura was completely engulfing the Sage. He was wearing loin cloth and his beard and locks of hair were pure white and matted. I took a step forward to touch his feet. But my guru commanded me not to go near him. Then I came back in the form of a crow to the place where we had started and I hovered at the roof level for some time before entering my physical body. I could clearly see my ASTRAL body in the form of a crow.

Another time my guru appeared before me and took me for astral travel in the form of a swan. We reached the Himalayas and flew to a lake where I saw blocks of ice floating in water and water itself was blue in colour. My guru told me that the lake was "MANASA SAROVAR". We both entered the lake and started swimming in it. There were several other swans in the lake and my guide told me that they were not ordinary swans but human soul's in their Astral forms,

just like ourselves. After sometime we came back to my residence. On my way home my guru asked me "Can you imagine the time we have spent in the Manasa Sarovar ?," I said, "No, guruji, I have no idea, and I have lost track of the time". He said, "we have spent nine hours in the lake". I felt swamiji has put his question only to emphasize that the time factor in astral fields has different dimensions. It can be reduced or increased as suits the occasion. We can travel in astral field with the speed of light or we can reduce it as per our convenience.

Again one day my guru bestowed on me his grace by his appearance. The time was 12 15 p.m. He took me for astral travel deep into a forest. During our journey I braved a question. I told my guru that I am anxious to know about my previous births. He just laughed at my request. In the forest we came across several animals like tigers, elephants, leopard, deers and snakes. At last we saw a squirrel eating a fruit on the branch of a tree. My guru showed me a squirrel and said that I was squirrel in my immediate last birth. He said that I had taken several births earlier before being born as a human being."

In my several sittings in meditation, I had the good fortune of seeing Lord Christ, Buddha and other sages

Recently, in one of our group meditations, I was

graced by the presence of the great "LOBSNG RAM-PA," a Tibetan Lama. He took me in astral travel to a village near Tibet by name "SOHO." There was a typical monastery. I saw several Tibetans enjoying drink from their sacs. On our entrance they all got up and saluted to my guru Rampa. He bade them to sit and we sat on a wooden bench. They offered the drink in a mud cup and told me that the drink is called 'Tsampa', and that it is their traditional drink. It was neither sweet nor sour, but had a peculiar taste. Then I came back to my physical body.

Persons who read these revelations of mine are apt to think that they are purely imaginative hallucinations or concocted stories. But whatever others may think of these strange experiences of mine, I personally know that I had my life's experiences by the grace of my guru and guide Sri Nityananda."

"The Experiences are true and real in nature".

## GNANA PRAKASH

### EXPERIENCE AT MANTRALAYAM

26-9-91      Early in the morning, at 4 A.M. I sat for meditation in the premises of the temple.

I went inside the temple astrally and saw Raghavendra Swamy meditating. As I reached him, he opened his eyes. The eyes looked like two bright globe like balls. I stared into his (rotating) eyes for some time but could not see at the eyes for a longer time. I put questions, and he answered as follows :

: WHAT ARE THE THEORIES OF DWAITA,  
ADWAITA AND VISHISTADWAITA ?  
HOW ARE THESE EVOLVED ? WHICH  
IS CORRECT ?

God is nothing but power and energy. A man sits in meditation and expands his consciousness and mingles with outside energy and thinks that he and God are the same. So Jeevatma and Paramatma are same. This is Adwaita.

When a person identifies himself as one energy and sees another greater energy outside, he thinks that he and God are different. So Jeevatma and Paramatma are different. This is Dwaita.

When a person identifies himself as one energy and perceives the greater energy, God, existing side by side, parallelly and thinks that he and God are existing parallelly. So Vishishta Adwaita.

But all are correct. The thing is difference in perception.

: DID YOU TEACH DEVOTION ? AND  
WHY ARE PEOPLE DOING DEVOTION ?

I didn't teach Devotion. After attaining the Samadhi, people started praying to me and doing devotions to me.

: IS IT (DEVOTION) GOOD?

No, it is not correct, you know that already, then why do you ask?

: WHO ARE THE PEOPLE WHO ARE GOING TO BE ALIVE AFTER 'AXIS CHANGE'?

(Only those who have obtained allround wisdom)

: WHICH IS BETTER, VEGETARIANISM OR NON-VEGETARIANISM?

Vegetarian food sharpens the brain, non-veg. food makes the brain blunt.

: WHY DO PEOPLE HAVE PROBLEMS IN LIFE ?

Man is creating his own reality. With his ignorance and lack of knowledge he creates problems and confusion in his life.

**: AT PRESENT I AM IN WHICH CHAKRA?**

He said I was in 5th chakra and he showed the true body of mine. Only aura is seen around with darkness in the centrel. Five chakras with bright color appeared.

**: WHAT WAS YOUR INCARNATION  
SUBSEQUENT TO THIS ONE ?**

"Narayana Guru Swamy", after that no incarnation." After that I asked him to give some gnana. He put his hand on me and a white light came from his hand into me. After some time, a vision of bright white triangle, with a person meditating inside began to come to me for some time.

**Mrs. VIJAYAMMA SHOURY**

1-1-1991 On this day, during the meeting, Shri B.V. Reddy suddenly asked me "Are you able to see any astral persons" I said "Rampa accompanied me in the jeep right from our house "

Yesterday night also I asked Dr. Rampa if the function would be successful. He said "There is no need to worry, everything will go right".

Later on, after the function is over, after an hour, at 10.50 A.M., I saw that a black faced yogi with white hair was coming briskly towards the site from Bridge side. He had a Kamandalam in his hands I got the feeling that he was thinking to himself." I have found a very nice place to meditate. I can take bath in the river too". Then he disappeared into the foundation pit. He was chanting some mantras too.

(On 1-1-91, Foundation was laid for the Pyramid Meditation Centre and a meeting was organised on the occasion)

## **Siva Ranga Reddy**

30-11-91 : During meditation Buddha appeared and the following questions were put and they were answered.

### **: WHAT DO WE DO IN SAMADHI STATE ?**

When you are in meditation, people in the physical level cannot perceive what you are doing. Similarly when you are in Samadhi state even astral persons cannot perceive what you are doing.

When your consciousness expands, up to your aura level, you are in savikalpa

When your consciousness expands, upto your total knowledge circle, you are in nirvikalpa samadhi.

When you are trying to expand your consciousness into the whole universe beyond yourself, you are said to be in nirvana.

### **: IS IT POSSIBLE TO EXPAND ONE'S CONSCIOUSNESS TO INCLUDE THE WHOLE OF COSMOS ?**

It is impossible.

## T. VENKATA SWAMY

29.12.90 : My Pyramid Experience

While I was meditating, my guru Sri Satya Sai Baba appeared before me. I asked him to take me to Egypt to see the 'Great Pyramid' My guru obliged and took me to the pyramid. Inside the pyramid wall, I saw several pictures.

My guru asked me to go ahead and sleep on the platform in the King's Chamber. Minutes after lying down in the King's chamber, a light came out of my astral body. I could see my astral sleeping on the green color stone-cot in the chamber. Then my guru and myself came out of the pyramid in the form of two lights and rose into the sky. After travelling for a considerable time we reached a city where there were tall buildings and people of 10' – 12' height. There were also vehicles and they were moving at a height from the surface of the roads. There was also a pyramid on the outskirts of the city. I asked my guru "What are the daily routine activities and what is the food taken by the residents of the City?". My guru told me "Just as we take food and fruits daily, the people of the city also take the same type of food". He then plucked a fruit from a tree and asked me to taste it. It was neither sour, nor sweet, but had a peculiar taste.

I asked my guru "Why is the fruit tasting like that? "He said, "all the trees in the place taste the same."

He further told me that the people in that city do not do any other work except meditate and that there is no day/night. We went and saw their place of meditation and I returned to my physical body.

## B. V. REDDY

15-1-92 B.V. Reddy, in his meditation has conducted following conversation with a person who is broad faced and wide eyed.

: I WANT TO HAVE CLEAR VISION OF YOU.

Why do you bother about that. I am here to guide you in all respects.

: I WANT TO DO ASTRAL TRAVEL.  
I WANT TO SEE OTHER GALAXIES.  
IS IT POSSIBLE?

Yes, it is possible, but you have to wait for some more time.

: HAVE I COME TO THIS LINE BECAUSE OF THE IMPORTANCE OF THE PLACE OR IS THERE ANY OTHER REASON ?

The importance of the place is not that significant. However, your previous incarnation work has enabled you to come into this.

: PEOPLE SAY THERE IS A GUIDE FOR THE PYRAMID. IS IT CORRECT ?

Why do you think in that manner. There are so many guides to guide.

: WHY DO PEOPLE FEAR DEATH ?

A man who fears death is a fool.

: THEN HOW CAN A COMMON MAN  
UNDERSTAND ABOUT THIS

Enlightened people should teach about this.

: WHEN I MYSELF AM NOT ENLIGHTENED,  
HOW CAN I TEACH OTHERS.

The knowledge you have is more than sufficient  
to teach about life and death.

: IS IT NECESSARY THAT EVERYBODY  
SHOULD DIE PHYSICALLY ?

Not necessary, There are people who are living  
for hundreds of years.

: WE HAVE NEVER COME ACROSS SUCH  
PEOPLE.

You are mistaken. There are thousands of people  
who are more than 200 years old.

: HOW TO OBTAIN THIS KIND OF  
IMMORTALITY ?

Meditators should observe certain yogic kriyas  
and you must be a jnani by yourself.

: NORMALLY, WHEN WE TRY TO TEACH THIS SUBJECT, PEOPLE NEVER WANT TO DO THIS; BUT BY AND LARGE THEY WANT TO SEE MIRACLES OF PHYSICAL MANIFESTATION ETC. IS IT POSSIBLE FOR ME TO ATTAIN.

It is possible. You can get the power. However, in the long run it is of no use.

: WILL IT BE POSSIBLE TO TALK TO RAGHAVENDRA SWAMI, THROUGH YOUR HELP.

Why such hurry ? You can speak to him at a later stage.

Then, B. V. Reddy saw Raghavendra Swami for a fraction o' minute.

## **SWARNAMALA PATRI:**

29-'-92 : Today, at 1.30 p.m. I sat in meditation, on the king's chamber, inside the pyramid.

I went into deep meditation. I lost my body consciousness. When I wanted to come back to my body, I couldn't come back. When I came with my astral body, I was shot up again in the next higher body. Like that it happened three times. That is, I have come out in three higher bodies successively. Finally, I could not enter the physical body with my own effort. So I prayed for guidance. Shri Kasi Reddy Tata came, sat before me, and put his hand on my sahasrara and helped me to come back. After I came back into the body I saw Kasi Reddy Tata in front of me. This was at 5.30 p.m. This experience was first of its kind to me.

( Sri Kasi Reddy Tata is a Mahayogi currently living in Kurnool District. )

## S. GUNAKAR REDDY:

3-4-1992 : I met my new master yesterday night. He clarified some of my doubts.

: I CAN SEE MANY BIGBANGS IN YOUR FACE. BUT WE ALREADY KNOW ABOUT THEM. SOME OF OUR SCIENTISTS HAVE ALREADY FOUND. HOW COULD THEY ?

Whenever you concentrate on some point vigorously you will find a new thing.

: WHY ARE WE FACING POPULATION PROBLEM IN OUR WORLD ?

So many souls are waiting eagerly to get reincarnation and get enlightened; Whenever they get a chance, they will want to have a re-birth. You have to control the population problem, not us.

: WHY 'RISHIS' WHO ARE MEDITATING IN HIMALAYAS ARE NOT LEAVING THEIR PHYSICAL BODIES EVEN THOUGH THEY ARE ENLIGHTENED ?

You are wrong. Due to their meditation powers their bodies are not spoiled.

: WHY DO ENLIGHTENED SOULS TAKE  
ANOTHER BIRTH ?

To do what is needed to the people who are not enlightened, to teach them the right path. Sometimes they come even to kill bad people.

: WHY ARE MALE & FEMALE (TWO SEXES)  
FORMED ?

To Enjoy.

## T. VASU

19-4-92 : Today in the morning I went into 'PYRAMID' to do meditation at about 6.00 A M. I sat on the King's Chamber. After being occupied with myriad of diverse thoughts, I was successful in vacating those thoughts. And, finally, I lost myself into meditation. I started astral travel. I was travelling in a space where I had never been. Firstly, I saw a small 'SIVA LINGAM' far away. As I was proceeding towards that I started growing bigger and bigger. When I reached close, my eye-range was not big enough to catch the 'SIVA LINGA's full structure with my small eyes. From there again, I resumed my journey. I came across a huge pipe like cave. I went into it. After a while, I entered into a chamber where I found many couples indulging in "PLEASURE ACTIVITIES". Nobody was free to see me, to talk to me, or to discuss with me. I disliked that chamber and came out. Again I resumed my astral travel. I was going deep into that cave. After a while a light was visible to me. I was happy to go that way and proceed that way. As I was going, a number of big, round shaped rocks were coming rolling towards me, as if to crush me under them. But to my surprise, when they came near to me, I could easily brush them from my path towards light. I did the same thing in case of all the rocks coming towards me. Then I went towards light, resuming my astral journey. When I reached the end of that cave and

nearer to that light, I found a forest and a 'GURU-KULAM' over there. Many people were visible to me very conspicuously. I went towards the 'GURU'. He was teaching lessons about Soul, Astral travel, Bodies and related issues. That too in english medium. When I showed interest in listening to the lessons, a great thing happened. Suddenly, I was thrown into flames. I became scared. I cried loudly and immediately a beam of white rays came out of the king's chamber and I got d enched in those rays. Those rays soothed me. Suddenly, all flames disappeared. And I got up. Indeed, I experienced a super sonic power which was entering my body making me more energetic and brave.

## **YENS GARNITZ :**

23-2-1992 : Today I started meditation on the platform in the pyramid. First, I felt that my consciousness was expanding. It was filling the space of the pyramid. After a while the concentration was fixed on the third eye, in between the eyebrows. Then a being approached me from the left side. It seemed to be very powerful. I felt also a lot of energy in the body, especially in the lower portion it was very hot. I could see some thing like a tunnel, consisting of rings placed one in another, in the third eye. Afterwards I felt something inside me which looked like my body but it was different from the physical one. I identify myself with the new body. At the end I received a message from my partner, who was meditating with me inside the pyramid. It was a telepathy message that I should finish my meditation.

I was so much attached to that place of meditation that I didn't want to go out.

## Dr. V. V. BALAKRISHNA

22-12-1992 : First I could see many people like Shridi Sai, Satya Sai etc In addition to these people many others were also seen. After a few minutes I opened my eyes and started gazing. It was pitch dark inside the pyramid. Yet I could see dark sky with twinkling stars. I felt as if I was going into the sky in a space ship. I enjoyed it. This experience is similar to the one observed in a planetarium where we see the sky with stars. I hope others will also try this gazing in the darkness.

I also saw a number of pyramids. I went into one pyramid and saw many beautiful things. In another pyramid I saw people meditating.

23-9-1992 : I chanted 'OM' for a few seconds and went into meditation. I saw Jesus descending in a magnificent way and coming towards me smiling. Later I prayed to all masters and asked them to come to me and bless me so that I can pursue the book-writing for which I have committed. I thought of producing books on meditation in Telugu for the benefit of people who know only Telugu. For this I needed extra strength and hence the prayer. I saw a bearded man coming to me and blessing. I found him to be Aurobindo. Later, I saw paramahamsa Yogananda.

Earlier some months back also I saw a bearded man asking me to write books. He was standing before me showing me by gestures that I should start writing.

Last friday when my master Patri garu was playing flute, I experienced a divine music. I saw a lotus slowly blooming to the full extent. Later I experienced a flow of energy from the top along with a pyramid falling on me all of a sudden. This was followed by the visions of eminent saints like Shirdi Sai. Today, when I thought of Sai, I saw Satya Sai blessing me to write books.

With this I feel elated and rejuvenated. This gives me the much needed support for my activity i.e., writing.

## P. KESAVA KUMAR

30-1-1992 : Today at 6 p.m. I sat on king's chamber and started meditation. I could sit right and go into deep meditation only after about - 20 minutes. Suddenly, I could see a big book (hope to the extent of my knowledge I have, it is Akashic record) but none is seen. I could hear a sweet voice "do you want to go there"? I said "NO, my dear sir, but I want to know who you are?" I could get no reply but I could see a screen with the same pyramid full of a number of people in rush. Mr. B. V. Reddy was calling me and I could not hear properly as a function was going on and everybody looked very much busy. Suddenly the same sweet voice said "OK how is it? It is the future of the pyramid". All of a sudden frequency changed. Heavy headache started and I started gazing at the top of the pyramid and came to know that I have received plenty of energy.

Again I sat in meditation. But this time without much long time I attained a very good stage of deep meditation. A big energy ball in golden color was before me and a voice was there "come on, get up and come with me." Without questioning I started and I was in the front of Mantralaya Temple. The voice from the Energy ball said "sit with this body here in meditation." Then I questioned "Who you

are Sir." The reply in physical voice was "Sri Raghavendra Swami.". Then he went into Samadhi and said "come with me with the other body." I didn't know how but I was behind him and went down 50 feet at least and there was Raghavendra Swamy in meditation. He was in such a fresh old body. I asked "Then, Who are you? I could get reply "wait and see, many Raghavendra Swamies here" and within no time I could see a number of Energy Waves, Balls etc around the temple.

Suddenly and slowly everything became dark and I was back into my body.

## PRAMOD

27-1-92 : I sat on the king's chamber inside the pyramid at 3:30 p.m. and started my meditation.

Soon, I was in deep meditation and my experience started. I saw two donkeys fighting on the ground. They were rolling in the mud and suddenly they became still. Two heavenly beings came out of them and took the pyramid up into the air. At that moment a red beam of light entered my forehead. I had a ticklish sensation. The heavenly beings then rolled in the sky, joined arms and disappeared. I then saw myself sitting in a crouched position. An old man with Chinese features sat before me. He asked me to get my back straight, but I told it would pain. He said that again and I replied the same thing. He told me the 3rd time and I said that if I sat straight, my back would pain and I would lose my concentration and that I would lose him. He asked me not to worry and assured me that he would be there. I then straightened up (physically) and he was still there. He took me around the pyramid and he pointed to the wall above the steps saying that Mahatma Gandhi's crystal was there (It was a green one.) Before that he separated a body from me and said that it was my astral body. He took my astral body for a walk. We then passed through the entrance door and went for a walk around the pyramid. He then asked me to get back as I was in great pain. I passed through the door again and joined my physical body. It was a wonderful feeling.

## PRADYUMNA

27-01-92 I sat down on the floor behind king's chamber and suddenly I felt my astral body being separated from my physical body and at once I saw Ramakrishna Paramahamsa squatting in front of me and calling me and i.e., showed me the path to enter the temple which is on a cloud. As I was approaching towards the temple I came across an old man dressed in white robes. At once I recognised him as Sai Baba. He had a stick in his hand and he put his arm around my shoulder and took me inside the temple, I found it was his temple and he took me to a huge Banyan tree and there I met Lord Hanuman. I would clearly see his eyes, chest, hairy legs and mace in his hand. As soon I saw him I started chanting Human Chalisa. He (Hanuman) took me again and showed Heavens, Hells, etc. and then I came back to my physical body.

Second time when I was again in meditation, I met jesus christ. I asked him how he was crucified and he showed me practically and he even showed me the healing power his blood had, when I saw 3 of his helpers (women) being cured.

After all this I came back and I joined my physical body.

## VENKATESH

22-12-91 : Today I sat on the Power Spot inside the pyramid premises and started my meditation.

Within 5 minutes I could go into deep meditation.

I have seen Sameer Beba, the yogi of the power spot, having a cap in the shape of pyramid. He has a small beard and was clad in a lungi. The man was very fair and tall. He has asked me to make newcomers sit on the power spot first and then only take them inside the pyramid. And everybody should have a Pyramid Hat while sitting at the power spot.

## **PATRI PREM SIMHA**

25-03-92 I sat in meditation out side the pyramid at about 6.20 p.m. At first I could not concentrate. But suddenly after 6 minutes or so I lost my breath, I was a bit worried whether I was breathing or not, but I still tried to concentrate. Then after 12 minutes or so I happened to see huge black clouds all around me. These clouds were continuously going and coming out of my eyes. Then I was a bit scared about my breath and I got up.

Then for some time I could not concentrate. After some more time I again lost my breath, but this time my experience helped me to continue. Then some sort of magnetic force was pulling me back and I subconsciously tried to give an opposite force. This continued for about 15 minutes, and after that I stopped.

25-03-92 : I decided to sleep in the pyramid tonight. I slept at about 11.00 p.m. At first I could not sleep but after some time I slept and I felt my body becoming numb and after some time I went into deep sleep. After a few hours I suddenly woke up and I happened to open my eyes. Then to my surprise, I saw a huge figure in front of me just below the king's chamber. It was in the form of a human being. I could not see the body but I could see only the outline which was golden in color. I was a bit scared and I immediately closed my eyes and tried to sleep.

## S. N, PRASAD

2-3-92 : I sat for meditation at 10.45 hrs. on 2-3-92 and continued till 6.15 a.m. on 3-3-92 with intermittent intervals.

Around 2.15 a.m., while in meditation inside the pyramid, I saw half of the eastern side wall torn open and I was able to see open sky with light. Suddenly this portion of the sky with light started moving towards me and hit me with a force like thunder bolt/lightning. It was like an electric shock to me. Immediately I stood and moved towards eastern side and shouted very loudly. This was a very frightening experience for me. Then I came out of the pyramid for 10 minutes break.

I resumed my meditation at 2.30 a.m. and within no time a lot of energy started flowing (from bottom to top) within my body except in the eye region. Energy flowed like this 3 times.

## I. NARSIMHA REDDY

5-11-92 : I am doing meditation regularly since August 14th,1992. Today, I meditated in the pyramid for about one and half hours. What I had experienced is detailed below.

I got concentration easily. Thoughts were few and even if thoughts came they went off of their own accord. No special effort was made to drive off the thoughts. There was no aim-less and wandering of thoughts.

The body moved in clock-wise direction and after sometime in anti clock-wise direction. There were terrific twistings in the waist as though it was ejecting some thing.

Then the trunk portion of the body moved in the manner a cobra moves its hood. Once, the head was even touching the ground and again straightening itself and moving sideways.

I noticed circular bluish light in between the eye brows. It stayed there for some time. I saw the shape of a conch and a figure was emerging. However, there was some external sound from outside and the figure vanished.

I felt lot of restlessness and I had a feeling to jump from up the chamber and get rid of this restlessness. I could not tolerate this restlessness. So I came down from the chamber.

I felt tremendous flow of energy. It was there even previously. I felt torrents of energy coming into the body.

## Md. IBRAHIM

My first association with the "Kurnool Spiritual Society" itself led me to meditation.

It took me half an hour to forget the surroundings. It may look funny but initial feeling was to open my eyes and say "good riddance" to the whole affair. It took atleast twenty minutes for me to get rid of the feeling of strangeness. As taught by Mr. Patri, watching the breathing helped a lot. After taking several deep breaths, I started feeling a new experience. Once my efforts to close the eyes is taken care of, a new phenomenon started occurring slowly.

After the initial erratic breathing steadied into a regularity, suddenly the constricted blackness behind my closed eyes started spreading. The feeling is like this. You are watching something through a peep-hole and there is no light outside. Suddenly the peep hole starts enlarging in size and you can "feel" lot of space outside but still dark. The peep-hole still expands and you feel that it is no more a peephole but a floor-to-ceiling window. As the time passes (rather stops) you are no more inside a room looking at the space through a peep-hole, but you yourself are in the space. Only you can't see anything except that you are hanging in space. (Subsequently I learn that this phenomenon is explained as the astral body being liberated from within.)

The space I could feel was pitch dark. Such a blackness I have never seen outside so far. In fact I was scared and at the further end(?) of this space I could see the tiniest light. When I started going towards it, I somehow had a feeling I was slipping through a tunnel at whose end I can see bright light. But the slipping or falling is at such a velocity, that it was as though I was in an elevator whose mechanism is snapped and it is freely falling down. I was terribly scared and wanted to open my eyes but could not. It was as difficult to open the eyes as my initial experience to close them. When I went through these tunnels I could come into a split second bright light, cross it and slip into the next dark tunnel at whose end I can again see a bright light. After passing through successive tunnels. I saw a total bright light and that is where I opened my eyes.

In my second sitting (between 11.30 p.m. and 1 00 a.m. the same day) the going was easier. I could see inky darkness comparatively earlier than the first time. This time no tunnels appeared. Only a bright light coming nearer to me and then exploding into a million tiny bright lights. After this I could see (rather feel) a number of bodies whose shapes, structures, could not be made out. But I am certain they are there. All this time it was such a pleasant experience it was difficult for me to come out.

Such sittings, I managed, monthly twice or thrice and on each occasion the initial experience was light exploding into a million blts.

IN THE PYRAMID : Although I visited the pyramid several times, I tried meditation only once.

I sat on the King's Chamber inside the pyramid in relaxed "Padmasana" posture and after a time I laid myself in "Savasana" posture. There were no disturbances nor any blinding lights. It was a feeling that I was in some sort of "Amphitheatre". Only there was some pleasant yellow light. Suddenly from the horizon of this light a face loomed near. By the time it (only the face) came nearer it was as big as "Mahavir" statue of "Sravanbelgola". My whole body. I could see, was measuring upto the power hip of the statue. The face was quite alive. It was a caucasoid face with thick beard, chiseled nose and deep set gleaming eyes. The mouth showed a tiny smile. I tried to touch the face but it was just like trying to touch smoke. After a while, I just went on looking at it till it merged into the light. (subsequently I learnt that this was the face of "Sameer Baba" a saint said to be still existing at the pyramid premises as has been seen by many)

## **G. PAUL**

8-11-92 : Today, from 8 p.m., I have meditated in the pyramid.

After sometime, I came out of my physical body in astral form and entered into a bastion. There I saw a cat. After that I saw a lama and a lady who made me sit in meditation at a particular place there. Later, myself and the Lama Master came into the pyramid together. The Lama asked me to observe my physical body. He showed me a hole which extended from the back of my head to the front of the forehead. The hole was very thin but it was shining like a ray. There was also another hole from the top of my head and it extended to the left and right of my head and it was also bright like a ray. Then we returned to the bastion. The Lama asked me to come to the fort regularly and do meditation there at the prescribed spot.

I have been doing meditation for nearly two years now and I have several experiences especially with Lord Buddha. To open my third eye, a Master operation was also conducted on me eight months back. From then onwards I can see other peoples auras clearly.

## SAVITRI DEVI PATRI

10-11-92: Today morning I was leaving for my regular meditation in the pyramid. I covered myself with a shawl as it was very chilly outside. But soon after sometime I felt hot and removed my shawl and simply carried it in my hand.

I entered the pyramid and sat in meditation, keeping my shawl away.

After sometime I found myself on the banks of a river which I could distinctly feel as the river Ganges. The atmosphere was fresh and invigorating. There was no one else on the banks and it was not a 'ghat' place. I dipped in the river Ganges and had a good bath and returned to my body in the pyramid. When I woke from my meditation, I felt so chilly inside that I had to immediately cover myself with the shawl and come out. I was actually shivering.

I felt very fresh and agile as if I had actual bath.

## **C. SAMPATH KUMAR**

**8-11-92 :** I sat for meditation today at 11:00 a.m. Some moments later I saw Idol - Lord Ganapathi. I asked the purpose of its darshan to me. But no reply came from the Idol but power started entering my body through my eyes and all the time I had experienced swinging motion of my Astral body. After sometime, the swinging of the Astral body stopped and my physical body sat steadily.

Later, a yogi appeared in front of me and I put a few questions to him on the propriety of killing animals for food.

**Q) CAN NON-VEGETARIAN FOOD BE CONSUMED ?**

**Q) WHY ?**

Unless one has power the to give life to the very animal that is being killed and eaten, one has no right to kill or eat it.

Q) WHAT ABOUT CUTTING TREES AND EATING LEAVES AND FRUITS ?

Trees produce fruits and leaves as products during their existences. Fruit-pulp is a lure to animals to eat and spread the seeds for germination. A tree cannot be cut totally as you endanger its very existence.

Q) LEAVES AND FRUITS HAVE LIFE AND THEY ARE MEANT TO PROTECT TREES BY Nourishment. ARE WE NOT OBSTRUCTING THE PLANT'S GROWTH BY CONSUMING THEM ?

Trees have the capacity to generate leaves unlike the limbs of the animals. So eating them will not endanger their very life.

## **B. P. SIVARAMI REDDY**

23-11-92 : This is my one month of meditation experience.

Today morning I went to pyramid for meditation as usual. I sat for more than 40 minutes in my first sitting, I saw a light passing from my left side of the ear to my right side. After 15 minutes, I went into a state of deep inner silence. I felt pain in the lower part of spinal-cord, Simultaneously along with that pain I felt some sort of soothing pain in my "Bhrukuti". I felt as if some one is touching there. I continued meditation for 45 minutes. I am experiencing the same experience since 3 days.

After that I sat on king's the chamber. There I lay down and closed my eyes. After some time, I saw some white clouds forming into a sort of dark green light. And that light started coming towards me. It continued so for some time.

Again in the evening, I sat for meditation. Again I experienced the same pain in my spinal cord and at Bhrukuti.

I have explained my experiences to Patri garu, and I was told that it is an experience of "KUNDALINI" awakening and beginning of the activation of my third eye.

## P. SUBBARAYUDU

1-12-92 : Tonight, at about 10.00 p.m., I went into meditation inside the pyramid. After sometime, I lost absolutely my physical knowledge and environmental sense.

I felt someone's touch on my shoulders and I clearly saw a person standing near me. My eyes were absolutely closed, please remember. He was of fair complexion, short in stature and was having a long white beard that was touching almost his knees. He told me that he was 'Sameer Baba' whose 'Samadhi' lay just besides the pyramid. He asked me to follow him. We both 'flew' in the air and went deep inside the samadhi place. There he gave me his kamandalam and mat and then we flew to Srisailam. We landed on a place, the Baba called 'Bheemarjuna Konda' ( I never had been to Srisailam previously or never knew about the 'Konda' he mentioned ). There he showed me his previous place where he used to do his meditation. He asked me to do meditation. We both did so for sometime. Thereafter we went to Alampur. He took me to a 'Darga' that is his Guru's Samadhi, called by the name 'Saali Pahilvan Baba'. He also showed me a Darga by the side, which was of himself. There he advised me do meditation. Again, I obliged. We sat for about 15 minutes.

Later, we returned to Kurnool to the Samadhi site at the pyramid premises. We went inside. I gave him back his kamandalam and mat. He told me to go back to my physical consciousness. I found that I was sitting in the pyramid

## Mrs. C. ARUNA

25-11-92 : I was instructed, for the first time, that I should concentrate on my breathing while in meditation.

With this frame in my mind, I sat cross legged inside the pyramid and started meditation. Soon I saw a crystal or a diamond coming towards me from above. It did not come down totally. It lay suspended in the air and gave away different rays of light. Then suddenly my body became very heavy and something inside swirled round and round very fast. Then I was driven very fast through a dark tunnel, I travelled very far. I was afraid, and wanted to know what was happening. I questioned myself but didn't know anything.

With this, my first experience in this wonderful pyramid came to an end.

26-11-92 : Today, I sat in meditation in the pyramid, concentrating all my attention on my breathing.

After sometime, I started going underground as if there was no floor existing. I saw a frail lean person meditating in orange-yellowish attire. Then I came back into my body.

Later, I saw a person, trying to climb the ladder of the King's chamber but stopped on the last step of the ladder.

When I related this to Mr. Patri, he said it was all due to my activated third eye.

This is my second day experience in the pyramid  
Wonderful, is it not ?

27-11-92 : Yesterday night, at my house, after the regular household duties. I sat for meditation and immediately went into a very deep state.

After sometime I saw a white lotus or Llly, I know not. It was very bright and came up blooming and from it were emanating hundreds, nay, thousands of white illuminated Lillies in a continuous stream. I could keep no count.

It was a tremendous spectacle to watch.

Then, I saw a man. He was wearing saffron robes. He smiled at me. I did not know who he was but he was glowing with knowledge. Then I saw a huge procession. So many people with bright faces were going one after the other. They all looked so glorious, I cannot describe. I never thought the orange colour (They were all wearing orange robes) would be so beautiful.

When I narrated this to Mr. Patri, he commented that this was the activation of the 'Sahasradala Kamala' or the 'Crown chakra', and that the corresponding vision was that of a cosmic plane. The persons I saw were the denizens of that plane, I was told.

Mr. Patri further disclosed that with this opening of the thousand petalled Crown chakra, my third eye has been opened. And that I have become enlightened and entered the state of Nirvana. My own experience and state of mind since then confirms to myself what was indicated by Mr. Patri.

## G. UGANDHAR

10-12-92 : I sat in meditation on the power spot (so called because one Sri Sameer Baba is meditating under this spot). As I felt that I was in a low energy state, I have asked for the help of Sameer Baba by sending a thought to give me energy. Soon after, he appeared before me in a black dress and was looking at me. Just his vision had made me energetic.

11-12-92 : I sat again in meditation in the pyramid. After going deep in meditation, I thought of Sameer Baba. Immediately after the projection of my thought, I found myself before him in padmasana posture. I requested him to provide a solution to my personal problem. He answered, "No help from me". The strength of the vibrations of the sound of him came into my body with a great thrust.

Previously i.e., an year back, I had seen him twice in the same dress. During the first time I sat in meditation I felt a tremble inside. This was not a physical tremble. It lasted for a very short duration. This astral tremble had come again with increased intensity and frequency. After which I saw that some vague figure had appeared, the sight of which made me cry mentally (This particular experience was perceived telepathically by my friend who was also meditating by my side). The figure had taken the shape of Sameer Baba.

## K. NEWTON

7-1-91 : Kashi Reddy Swamy came to Kurnool and resided in Sri Patri Subash's house. On that day I have appeared for an examination, and due to some reason I had a tremendous headache. When I heard the news of arrival of Kashi Reddy Swamy, my intuition told me not to miss the opportunity of seeing an enlightened person. So I ran to the place and seen Kashi Reddy Swamy sitting in a chair with a lot of gathering around him. I went near him and touched his feet. Till then I had a budgeoning headache. It vanished totally. I felt very good vibrations around him. And I sat for meditation. In the meditation I have done a wonderful astral travel. I went to Puttaparthi Saibaba. I conversed with him for five minutes. He asked me about my difficulties. While coming back he asked me to convey his wishes to Kashi Reddy Swamy. This experience has imprinted a deep impact on me. Till today I have not forgotten the happiness I derived from the experience.

Apart from this I have got many other experiences which have enriched me a lot. My conditioned mind which used to be present previously had been changed a lot. After getting the knowledge of spirituality, a new joyful dimension has been added to my

I am a final year medical student in Kurnool Medical College.

## Mrs N. G SHOURY

10-10-92 : The following is a remarkable experience of mine. This was the wonderful occasion when I perceived the actual process of physical death.

An old lady was residing in a house nearby ours. She was very old and ill and the doctors had given her only a few days.

Suddenly, yesterday night, I have seen her astral body coming out of her physical body. I was particularly aware of the silver cord connecting the two. Immediately I observed that the silver cord got tense and was getting pulled as though it wanted to get snapped at the umbilical point. So on it was repeated 2 or 3 times. And I saw that the physical body

Finally, with a small sound the chord was cut and got separated at the umbilical point. The lady's breath stopped. She was dead. For some time the astral body was there trying to enter the body. But it could not do so.

This was during the night. This morning, I got the news that she was dead.

## RAHUL

13-12-92 : This is one of the remarkable experiences in my meditational life.

Although I am a graduate in Agriculture, and know about plants, I never really saw or talked to them spiritually until this experience.

In my meditation at Anantapur, after usual etheric expansion and in deep concentration, I came out of my physical body and travelled to some place where beautiful sun-set was seen. When I was enjoying the atmosphere, I happened to see something moving from a nearby Banyan tree. When I saw it carefully, it was just like the same tree but different in colour. When I posed a question the answer I got was that it was the astral body of the Banyan tree. I was surprised and puzzled because I was seeing the astral body of a plant for the first time. Then I decided to talk to it. I put questions and obtained the following answers.

Q : I KNOW ABOUT THE HUMAN BEINGS AND ANIMALS AND THEIR SPIRITUAL GROWTH OR LIFE. BUT I WANT TO KNOW ABOUT PLANTS' SPIRITUALITY.

Then it answered as following.

Yes, On the spiritual basis also we are tied according to the duties we perform.

1) ANNUALS : These plants live for a season or for a year. Their main aim or lesson of life is just to give themselves to others totally. They die for others. That's why animals and human beings consume these plants totally. By this they are not doing any bad Karma.

2) BIENNIALS : These plants complete their life cycle in two seasons or in two years. They give flowers, fruits and they serve for a long time. They get knowledge from different worlds. They practise "Jnana Yoga" in your terms.

3) PERENNIALS : (Long living plants) ; These plants give fruits. But for many trees their main duty is meditation. They live longer because of their meditation.

Q : WHICH ARE THE HIGHLY EVOLVED AMONG TREES AND PLANTS ?

The Banyan, The Tamrind, and the Neem etc., these trees are great meditators. They produce good vibrations. That is why people like these trees. They are happy to sit under them. Because their vibrations are good they feel pleasant.

### WHAT IS THE LINK BETWEEN PLANT KINGDOM AND THE COMING AXIS CHANGE ?

The greedy human beings are cutting down the trees and plants for their own selfish ends. These people mainly cause the axis change. They destroy large number trees and many forests have disappeared and that's why there is so much of ecological imbalance. The animals and trees understand each other but only the humans create disturbances among us. That's why the Axis change will occur very soon.

Q : WHAT IS THE BEST LESSON THE HUMAN BEINGS CAN LEARN FROM YOU ?

Try to give yourself always to others. People should not harm us by cutting and spraying pesti-

des and putting chemicals on us. They kill us by doing so. But we still give them always what we want to give them.

Q : WILL YOU PLEASE GIVE ME THE INFORMATION ABOUT YOU WHENEVER I AM IN NEED ?

Yes. You are always welcome.

**THE BOOKS  
THAT MUST BE READ**



# BOOKS THAT MUST BE READ

There are three types of activities, which when pursued with vigour, would give us mastery in any given subject.

## 1. REVIEW OF LITERATURE :

Review of all the literature that has been or being published all over the world concerning the given subject must be done. This gives us the result of experiments carried out everywhere and at everytime, and provides us with the state-of-the-art knowledge about any given subject.

## 2. EXPERIMENTATION :

After the theory comes the practicals. We have to design our own experiments. Concepts understood must be practicaly tested and verified and checked by ourselves. This gives us personal touch with the subject.

## 3. DISCUSSIONS :

The first two must be followed up with continuous discussions and exchange of experiences with

other seekers and workers in the same subject. This not only enriches us with first-hand experiences of others but also goes a long way in sharpening our intellect. It encourages us to pursue the subject with so much more vigour and enthusiasm.

As in the study of any other subject, in the study of Spiritual Science too, each of the activities plays a vital role. The same three are also called, respectively,

1. **Swadhyaya**,
2. **Dhyana** or **Sat-Sangatya**,
- and 3. **Sat-jana Sangatya**

Now, **Swadhyaya**, meaning 'Self-Study,' is nothing but review of spiritual literature.

**Dhyana** is experimentation with altered states of consciousness, exploring alternate frequency universes etc. **Dhyana** is also called '**Sat-sangatya**.' It means 'meeting the self'. You meet the self only in inwardness i.e., in meditation.

By **Sat-jana sangatya** is meant discussions or exchange of experiences with co-seekers and masters.

The following Must Reading is suggested.

AUTHOR/S	TITLE/S	CONTENTS
1. LOBSANG RAMPA, T	<u>All books to be read</u> Third Eye; Rampa Story; Chapters of Life; You Forever; I Believe, Three Lives etc ,	Meditation ; Astral Travel Akashic-Records; Overself; Aura; Third Eye; Life after Death etc.,
2. JANE ROBERTS	<u>All books to be read</u> Seth Material; Seth Speaks; Nature of Personal Reality; Unknown Reality etc.,	Power of Choices; Life after Death; Alternate Selves Simultaneous Life-times; Nature of Psyche etc ,
3. RICHARD BACH	<u>All books to be read</u> Jonathan Livingstone Seagull; Illusions; One; Bridge Across Forever etc;	Freedom;Alternate Selves; Soul-mates; Power of Choices; Simultaneous Life times

<b>CARLOS CASTANEDA</b>	<u>All books to be read</u> <u>Teachings of Don Juan;</u> Fire from within; Journey to Ixtlan; Eagle's Gift; Power of silence etc.,	Ways of Warrior; Impeccability; Art of Dreaming; Art of Stalking Parallel Worlds; SEEING; Losing Human form; Losing Self-importance etc.,
<b>LINDA GOODMAN</b>	<u>All books to be read</u> <u>Linda Goodman's</u> Star Signs and Love signs	Physical Immortality; Lex gram; Astrology; Color-gem Therapy; Vegetarianism
<b>OSHO</b>	<u>All books must be read</u> <u>Sex to Super Consciousness</u>	Non-repression; Living in the moment; Inhibition-less Life; Sufism; Zen; Upanishadic thought;
<b>RAJNEESH</b>	Mystic Experience; Zen; When the Shoe Fits; Diamond Sutra Mustard Seed, Heart Sutra; etc.,	Buddhism; Knowledge about all World Scriptures and all past Masters

7. RUTH MONTGO-  
MERY

All books to be read  
A Search for Truth;  
Strangers Amongst us;  
Here and Hereafter; Born to  
Heal; Companions  
along the way etc.,

Automatic Writing; Guides from  
other worlds; Life after Death;  
Reincarnation; Law of Karma;  
Axis Change; Walk-ins and Walk  
outs; Bygone Civilizations etc.,  
Extra Terrestrials etc.,

8. SHIRLEY MACLAINE

All books to be read  
Out on a Limb; Dancing in  
the Light; Its all in the  
Playing; Going Within.

Mediumship; Life after Death;  
Reincarnation; Overself;  
Meditation; Kundalini etc.,

9. THEOSOPHICAL SOCIETY LITE-  
RATURE

All books to be read  
Inner life; Man's Seven  
Bodies; Secret  
Doctrine Isis

Reincarnation; Law of Karma;  
Life after Death; Man's  
Seven Bodies; Evolution;  
Aura studies; Root Races;  
White Brotherhood;  
Masters etc.,

H.P.BLAVATSKY,  
LEADBEATER,  
ANNIE BESANT  
etc.,

10. **EDGAR CAYCE** All books to be read  
(Books about) Many Mansions etc.,  
Akashic Records etc.,

11. **YOGANANDA** Autobiography of a Yogi;  
**PARAMAHAMSA** Man's Eternal Quest.

12. **SWAMI RAMA** Living with the Himalayan Masters.

13. **SWAMI MUKTANANDA** Chiishakti Vilas

14. **KHALIL GIBRAN** The Prophet;  
Complete Works

Reincarnation; Law of Karma;  
Atlantean Civilizations;  
Akashic Records etc.,

Mahavatar Babaji; Spiritual Science; Life in Astral Worlds;

Himalayan Yogis; Spiritual Science.

Meditation; Kundalini; Astral Experiences etc.,

Enlightenment.

15. PAUL  
BRUNTON

All books to be Read  
A Search in Secret India  
A Search in Secret Egypt etc.,  
wisdom of overself;

16. VERA  
STANLEY  
ALDER

From Mundane to  
Magnificent; The opening  
of Third Eye;

17. HAROLD  
SHERMAN

All Books to be Read  
You live after death;  
The Dead are Alive etc.,

18. GURDIEFF

All books to be read  
Meeting with Remarkable  
Men; Beel zebubd Tales etc.,

Yogis of India and Egypt.  
Pyramid power , Overself;  
Yogic Life.

Astral Experience, Talking  
to Cells etc. Life after death;  
Eternal Existence, Law of Karma

(Please disregard his views on  
Reincarnation)

Work on self; Dancing  
Meditation; Enlightenment  
etc.,

19. ROBERT PERCIVAL      Thinking and Destiny  
Life after Death;  
Mechanism of Rebirth  
Triune-Self; ALA unit;

20. RAYMOND MOODY      All books to be read  
Life after Life; Reflections  
of Life after Life etc.,  
Near-death experiences;  
Part life experiences.

21. DR. EVANS WENTZ      All books to be Read  
Tibetan book of the Dead;  
Egyptian book of the Dead;  
Milarepa etc.,  
Tibetan Yoga; Life after  
Death; Milarepa's  
Life etc.,

22. RUDOLF STEINER      All books to be read  
Spiritual Science  
etc.,

23. PETER TOMPKINS AND CHRISTOPHER BIRD      The Secret Life of Plants  
Plant Life-Unknown facts,

24 PETER TOMPKINS

*The Secrets of the Great Pyramid;*  
Pyramid Power

25. MOUNI SADHU

Tarot

Spiritual Science developed  
in Egypt

26 SHEILA

OSTRANDER and

LYNN SCHROEDER

Psychic Discoveries  
Behind the Iron Curtain

Modern Scientific Research  
on ESP; Including Telepathy,  
Tele Kinesis, Kirlian Photo-  
graphy etc.

27. MARIE CORRELI

Life Everlasting; Ardash  
and Romance of two  
Worlds

Experiences with Masters;  
Non-Ageing; **TWIN SOULS**

28. DION FORTUNE

All books to be Read  
The Cosmic Doctrine etc.,

Advanced Spirituality;  
Adepts

29. COLIN WILSON

All books to be Read  
The Occult; After Life;  
Mysteries etc.,

30. ANTHONY  
DE MELLO

All books to be Read  
One Minute Wisdom etc.,

Enlightenment

31. WHITLEY  
STREIBER

Communion;  
Transformation;

Contact with EXTRA-  
TERRESTRIALS

32. PLATO

Republic; Dialogues

THE SOCRATIC METHOD  
Morality and Sane Life

33. D.T. SUZUKI

All books to be read

Zen and Enlightenment

34. ALAN WATTS

in My Own Way etc.,

-do-

A total documentation of  
Para-psychology-Research

35 (Anonymous) Initiate Spiritual Science  
published by Theo-  
sophical Society

36 KENNETH RING Life at Death Near Death Experiences

37. R CROOKALL The Technique of Astral Projection Scientific survey of  
Astral Travel

38. O. FOX Astral Projection -do-

39. GREEN HOUSE, H.B., The Astral Journey -do-

40. PELLETIER, K.R. Towards a Science of Consciousness Spiritual Science

41. SABOM, M.R.,  
The Near-Death Experience, Near-Death  
A Medical Perspective Experiences

42. TURVEY, V.  
The Beginnings of Seership Meditational experiences

43. WHEELER, D.  
Journey to The Other Side Astral Travel

44. BERNE, S. SEGEL  
Peace, Love and Healing Self Healing

45 ARNOLD MINDELL  
Dream body, Working Astral Travel  
With the Dreambody

46. JOAN BORYSENKO  
Minding the Body, Spiritual Science.  
Mending the Mind

47. JEANNE  
ACHTERBERG  
Imagery in Healing  
Self Healing and  
Healing others

48. JACQUES  
VALLEE.

Dimensions- A Case book of  
Alien Contact

Traffic from other  
Frequency Universes

49. HERBERT  
VOLLMANN

A Gate Opens

Bible and Spiritual  
Science

50. BRAD STEIGER end  
FRANCIE STEIGER

All books to be read  
The Star People;  
Fellowship

Extra terrestrials

51. JOHN WHITE

Pole Shift

The coming Axis change

52. HELEN WAMBACH

Life Before Life;  
Reliving Past Lives

Hypnotic Regression into  
past lives.

53. CHET B. SNOW

Dreams of The Future

Hypnotic progression into  
the Future that lies ahead  
of us.

62. R. M. BUCKE

Cosmic Consciousness.

Enlightenment and  
Spiritual Science.

63. ABD-RU-  
SHIN

In The Light of Truth.

A Complete compendium  
of spiritual science.

64. SYBIL  
LEEK

Diary of a Witch

20<sup>th</sup> century witchcraft;  
Art of Healing.

65. HEREWORLD  
CARRINGTION

Your Psychic Powers and  
How to Develop Them

Psychometry; Aura  
Spirit worlds; Telepathy;  
Automatic writing; Ouija;  
Astral projection etc.,

66. LITANY  
BURNS

Develop Your Psychic  
Abilities

Clairvoyance; medium-  
ship; ouija etc.,

67. WILLIAM JAMES

Varieties of Religious  
Experiences

Spiritual/Mystic  
Experiences.

68. CHARLES  
BERLITZ

Bermuda Triangle; The  
Mystery of Atlanti ; Dooms  
Day 1999.

The lost continent of  
Atlantis;

69. J MARTIN &  
P. RAMANOWSKI

WE DONT DIE

George Anderson's  
conversations with the  
other side.

70. SUJATA NAHAR

Mirra the Occultist.

Occult experiences of  
the Mother.

71. JANET LEE  
MITCHEL

Out-of-Body Experiences

Astral Travel

72. KARL SCHLOFFER  
BECK Living Your Past Lives verified cases of past Lives.

73. S MULDOON &  
H. CARRINGTON The Phenomenon of Astral Projection. Astral Travel

74 R MONROE Journey Out of The Body. -do-

75. H GREEN HOUSE The Astral Journey; the Book of Psychic Knowledge -do-

76. W. BARRETS Death Bed Visions. Near Death experiences.

77. H. CONGDON The Pursuit of Death. -do-

78. GLORIA D  
KARPINSKI Where The Two Worlds Meet The science of change; Spiritual Science.

79. DIANE M  
CONNELLY

All Sickness is Home  
Sickness.

Spiritual Science.

80. KEN KEYNES

A Hand Book of Higher  
Consciousness.

-do-

81. GEDOES  
MACGREGOR

Reincarnation in  
Christianity;

Reincarnation in  
christianity;

82. CHRIS GRISSOM

Ecstacy is a New Frequency

Enlightenment and ecstacy.

83. DICK SUTPHEN

Part Lives, Future Lives;  
You Are Born Again to Be  
Together.

Eternal existence; and  
many lifetimes.

84. ALAN WIESMAN

We Immortals

-do-

85. ALLEN T. G. The Egyptian Book of the Dead Ancient Egyptian knowledge about life after death.

86. COVINA, GINA The Ouija Book Ouija experiences.

87. ARTHUR CONAN DOYLE The History of Spiritualism The history of spiritualist Research.

88. MARTIN EBON The Signet Hand Book of Parapsychology; Communicating With the Dead; Evidence for Life after Death; They Know the Unknown.

89. W. Y. EVANS WENTZ The Tibetan Book of The Dead; The Tibetan Yogi Mila repa. etc., Tibetan knowledge about life after; life of great yogi Milarepa.

90. ARTHUR FORD

Unknown But Known

The occult Science

91 OSIS K &  
HARALDSON.E

At The Hour of Death.

Near death experiences.

92. RALPH  
WILKERSON

Beyond and Back; Those  
Who Died and Lived to  
Tell

Near death experiences.

93. CELIA GREEN

Apparitions, Out of Body  
Experiences; We Are One  
Another.

Astral travel,  
enlightenment,

94. RUDOLF STEINER

An Outline of Occult  
Science; Reincarnation  
and Immortality;  
An Autobiography.

The whole gamut of  
spiritual science.

95 CHRISTINA  
BALDWIN

Life's Companion  
Writing

Spiritual Journal-  
Writing

96. M. SCOTT BECK

The Road Less Travelled

Enlightenment

97. RAMDAS

Journey of Awakening

-do-

98 TORKOM

All books to be read

SARAYADARIAN

Meditation; Spiritual

Cosmos in MAN; The  
Science of Becoming

Overself; The Hierarchy

and The Plan; The

Symphony of the Zodiac

Astrology etc.,

99. PAUL CARUS

The Gospel of Buddha

Life and Teachings of  
Buddha.

100 RUDOLF BALLENTINE Transition to Vegetarianism Imperativeness of Vegetarianism

101. RANDOLPH STONE Mystic Bible Spiritual Science in Bible

102. JOSEPH LEEMING Yoga and the Bible -do-

103. STANLEY WHITE *Liberation* of The Soul Enlightenment

104. GOPI KRISHNA Kundalini Kundalini experiences

105 RAMANANDA SARASWATI Tripura Ranasya 'Self' knowledge and spiritual science

106 SWAMI SHIVANANDA All books to be read  
Bliss Divine; Mind and  
Its Control etc., -do-

107. SRI AUROBINDO      All books to be read  
Life Divine etc.,  
Indian philosophy and  
Vedic knowledge

108. SWAMI VIVEKANANDA      All books to be read  
Ra'a Ycga etc.,  
Science of Meditation

109. MASTER MAHASAYA      Gospel of Sri  
Ramakrishna  
Life and Teaching  
of Sri Ramakrishna

110. ARTHUR AVALON      Serpent Power  
The Science of  
Kundalini

111. EDWIN ARNOLD      Light of Asia  
Teaching of Buddha

112. ALEXANDRA DAVID NEEL      The four Noble Truths,  
Nirvana, Enlightenment,  
Ahimsa etc.,

113. ALEXANDRA  
DAVID NEEL

Buddhism

Science of meditation etc.,

114. ARTHUR  
OSBORNE

Ramana Maharshi

Teaching of

Ramana Maharshi

115. THOMAS A  
KEMPIS

Imitation of  
Christ

Spiritual life and  
Spiritual path.

116. HUGH

PRATHER

All books to be read  
Notes to Myself, etc.,

Sanity in living and  
thinking and being

117. NICHOLAS  
ROERICH

Realm of Light;  
Shambhala etc.,

Spiritual Science

118. FRITJOF  
CAPRA  
The Tao of physics;  
Uncommon Wisdom  
Modern Science  
leads to spirituality

119. STEPHEN  
HAWKING  
A Brief History of Time  
Existence of Parallel  
Universes.

120. T. W. RHYS  
DAVIDS  
Dialogues of the Buddha;  
Buddha's Teaching;  
'Self' less path.

121. MRS. RHYS  
DAVIDS  
Dhammapada;  
The Book of The Kindred  
Sayings  
The Eight fold Marga.

122. SWAMI  
YOGESWARA;  
NAND SARASWATI  
Science of Soul  
7 Chakras; Kundalini;  
The Five Korhas;  
Meditation; Samadhi; etc.,  
Spiritual Science

123. JAMES ALLEN  
Book of Meditation

**A U T O M A T I C**  
**W R I T I N G**



## ON AUTOMATIC WRITING

Medium : N. C. Sampath Kumar      Author : Ganapathi

Q :      What is Autowriting ? How is that communication is made through the pen of a medium ?

A :      The mode of speaking of the soul through the Pen of the other is called autowriting. The thoughts of the soul are vibrated into the mind of the writer and he starts scribing as if an answer came from his mind.

Q      Is it popular, scientific and authentic ?

A :      It is not popular in India, but popular in West. Indians dub it as occult while the westerners adore it for authneticity.

What is not scientific if understood in a scientific manner ? But you cannot apply the same yardstick for all times and situations alike. Science has a limitation and you cannot judge spiritual techniques like that.

Authenticity of the answer depends upon the depth of the question and mind of the seeker. You cannot formulate questions to test the masters or pin them to be wrong or right on existing data. Such attempt will be suicidal and self effacing. Quest for knowledge should be pure, simple and totally involving.

## ON MEDITATION

Channeller : C. Aruna

Author : Ganapathi

9-1-93 : Early in every life there is always a stream of thought, this stream of thought leads your life. Every man has an important duty to perform. This duty may be created or made by various channels that are at work within the universe. All of us have to abide by the rules of the divine law whatever his or her major karmic deeds may be. You all are the major streams through which we operate. Divine operation is always at work and goes on eternally.

The question of one's life and all that is so meaningless. Thus, I request you to give up the idea of one life or two lives. You all, or we all, live many lives to enrich the life on this earth. We all are like the satellites to the earth, our main duty is to help people lead life towards self-realisation. Your self realisation is dependent on the self enhancement of others. I mean you should help others enhance themselves, by which you grow. Growth of a person is multidimensional like Seth says and your duty thus is to lead people towards meditation.

Meditation is the only goal of every life, through meditation you will see all the essence of every iota of human life. The human being thus is all full of energies to realise this essence of life. Thus you all should help prepare people to come towards this goal. No other goal is as important as this goal. It is greater than any other lifegoals that you can set for yourself. Life is after all to know thy-self and nothing else. Life is all full of miseries if you play with it through out. Play is only a part of it but in itself it is not complete if you just play. When will you know yourself?

Already you have wasted enough time in puja, play etc., Now you will not be able to waste any more of the physical time (in your sense) in these plays. Wake up and join the stream to which you belong and meditate. Meditate because that is the ultimate goal of every life. You will not improve unless you make an attempt in meditation. Meditation again I say is the ultimate goal of every life. Striving in life for useless earthly desires is meaningless. Crave, pave way towards reaching the ultimate, the Divine, the Almighty in your words, through meditation. After all, you were made in this world to realise yourself.

What are you doing? Doing other unwanted activities? Activities that are not at all important?. Wake up from the slumber of the physical world and its desires. Wake up, see all the great Masters up there waiting for you just to say that you would meditate and they are all there to assist you, help you to realize yourself. Divine Sculs are lying down in deep sleep wrapped up in the strong fog of the physical world and its desires. Wake up O Souls from the sleep. All of us are waiting for you. Come and we shall give our helping hand to you, to realize yourself. Do not hesitate.

Life with meditation is even more enjoyable and challenging. No challenge can be greater or more fulfilling than this See how you will grow once you start meditating.

Meditate, meditate and meditate. This is all I want to tell you today.

## ON KARMA

Medium : C. Aruna

Author : Ganapathi

16-1-93 : Q : What is this Karma and does it have bearing on Meditation ?

A : Karma is different, however, it is in a way the deciding factor in one's life, in deciding whether he will meditate or not.

You cannot and will not go any way near meditation or self-realisation if your karma is severe. When I say karma is severe I mean to say that you are so deeply involved in it, in the desire, that you cannot meditate until that desire is fulfilled. Then you ask for another desire B. This time, new, because this is deep in your heart, you want to enjoy it completely. And then you say after this desire no other desire will exist. And again you will come back with desire C.

Suppose desires A to Z are over, then you will say, Sir, I forgot and don't remember having ever had desire A. So again the cycle starts and these

idiots all of them here are like that. So karma means these wordly desires. You want worldly desires, and cannot rise above them. When you cannot rise above them it means you are in the karmic cycle. Once you understand that there is something above these desires, you have arrived a time when you are raising above your karma so you will listen to a scientific way of finding answers. Then you understand that once you seek God, everything comes running towards you.

## **ON PREDESTINATION**

Medium I. Narasimha Reddy      Author T. L. Rampa

1-12-92 Q : Seth says that there is no predestination or Karma. What is your opinion ?

A : It is absolutely correct.

Q : Please elaborate ?

A : Man creates his own reality. This does not in any way depend upon what he did or did not do in the past. It is never experienced in that fashion

## ON GOOD AND BAD

Medium : I. Narasimha Reddy      Author : T. L. Rampa

1-12-92: Q : If there is no good or evil why should only good be done and why not evil be done if that fascinates a particular mind ?

A : There is no good and evil and must be understood in its correct perspective and not taken as a shield to do evil acts which will harm others either physically or mentally. One should always do such things which will be termed as good by our own subconscious. The subconscious will tell you which is a beneficial experience and which is detested by the subconscious and do only those deeds that have the approval of the subconscious. One need not depend upon the laws of the land ( I mean moral laws ) for determining which is good and which is bad. The subconscious is the best judge in these matters and not succumb to the pressures of the physical world and conclude that particular action is good or bad.

## ON UPASANA

Medium : I. Narasimha Reddy      Author : T. L. Rampa

10-12-92 : Upasana is a religious practice of performing certain religious duties. It will give tremendous boost to the psychic powers. It is doing the required methodology in the prescribed manner and obtain the psychic powers. It is very essential for any person aspiring to ascend to spiritual heights. As I said earlier, it is to do certain religious duties in the manner prescribed for obtaining certain psychic powers. However, it may not be very necessary in the case of meditators as meditation takes one to higher realms.

## ON AKASHIC RECORDS

Medium : I. Narasimha Reddy . Author : T. L. Rampa

10-12-92 : Akashic Records are also called Cosmic Records. Through these records one can see the past, present and future of any reality. One can see what correctly transpired in a historical time. Then you can know how false your history books are. Any historical event that happened in the past and any probable event in the future can be perceived. It is of utmost significance in individual life also as one will be able to see the aspects of his past, present and future lives. It will give tremendous knowledge and information if one is able to correctly interpret the intricate structure one sees in the Akashic records. One should endeavour to get the capacity to see the cosmic records. This occult power can be obtained only by meditation.

## ON THIRD EYE

Medium : I. Narasimha Reddy      Author : T. L. Rampa

9-12-92 : Q : a) What is its preparation ?  
b) What is its opening ?  
c) What is its perfection ?

A : It is preparing for the opening of the third eye. Third Eye is activated by meditation when sensation and twisting of the nerves ( or nadis ) between the two eyebrows occur. The preparatory stage depends upon the duration and intensity of meditation. No specific time frame can be given as it varies from individual to individual. In some individuals it may be of short duration.

b) When the third eye begins to open due to activation, you begin to see very dimly the past, present and the future.

c) When it is fully activated or when it is fully opened. One sees very clearly the past, present and the future. It can be achieved by regular meditation.

The use of the full opening of third is to perceive the past, present and the future. It will be of immense practical benefit to an individual as he can mould his life according to the exigencies of the situation. For example, if a disaster is seen as a probable event one can take steps to avert it. As such, the benefits are immense and the life can be enjoyed to the fullest extent and it will be a great boon to mankind if this psychic power is developed.

Life can be seen in its full glory and colour.

## ON AXIS CHANGE

Medium : I. Narasimha Reddy      Author T.L. Rampa

17-12-92 : Q : What about Axis-change ? Is it going to be total ? Please elucidate ?

Axis-change of Earth will take place on 15 December, 1998. It is going to be on a global scale. No country will escape its consequences. 80 % of the people will be wiped out of the Earth. Only people with high vibratory power will survive the crisis.

The coming age will be a Golden Age and there will be perfect harmony with the nature. The ecological imbalance will be set right. The greed of the man is the seed of his own downfall from which he can never rise again. This applies to the entire planet Earth. There will be a lot of misery and untold suffering during Axis-change and that is why the Celestial Beings are physically descending to Earth to help mankind in the hour of their peril.

Oceans will rise seven feet high submerging all coastal towns and inundating the nearby locations. Himalayas will not be seen again. They will explode into nothingness. India will be cut asunder into three parts and there will not be any communication system.

The present administration by greedy politicians will be put to an eternal end and there will be a Government by spiritually evolved souls. Communication will be by Telepathy and Clairvoyance. In fact, there will not be much need for administration. The people will lead happy lives once they cross the crisis point. Only those people with high vibratory power will survive the onslaught of light that is coming to earth at the time of Axis-change.

Lord Buddha will be there physically in Kurnool and Anantapur Pyramids for ten hours and will direct the relief operations. It will be a great day for mankind to have a glimpse of Lord Buddha on that day. He will bless all the devotees and give instructions to disciples and vanish after the Axis-change is over. Other great masters will also visit the two Pyramids. People should utilise that momentous event for their own good. Even a physical look of Lord Buddha will transform any devotee to very great heights.

Axis-change will produce tremendous changes both physical and mental, unparalleled in human history. It has not happened for the last 25,000 years. They will realise when it strikes them but by then it will be too late. The phenomenon of the celestial Gods descending physically to Earth to help mankind has never happened in the past.

Everybody expect humans are interested in preserving the planet Earth and its ecology. It has become literally intolerable for the Earth to bear this human burden and all unwanted stuff is being shed. The planet earth will again shine with all its

## ON BUDDHA'S LIFE

Medium : I. Narasimha Reddy      Author : T. L.

4-11-92 : Q : Will you please tell us about Lord Buddha's life during the period of his age from 29 to 35 ?

A : Lord Buddha wandered from pillar to post in search of truth. He wandered aimlessly in search of a Guru but he could not find a true Guru. He did not have worthwhile experiences during the said period. As I told you it was aimless wandering in search of the unknown. He starved himself almost to death but it was all in vain.

That is why after getting enlightenment he taught moderation in all matters including food. He led a life of utter futility during that period. It was a colourless period not worth remembering. But it only shows Lord Buddha's tremendous efforts even at the cost of his life to achieve the knowledge of the beyond and this tremendous efforts he had put in and the perseverance he has shown have ultimately paid rich dividends to him in the form of enlightenment.

Every seeker of Truth must imbibe that doggedness exhibited by the Buddha.

## JESUS' SAYINGS

Medium: N. G. Shoury      Author: Yogananda  
Paramahansa

26-1-93: Q: Jesus said, "Ye are Gods", "you can also do What I do". But why are we not able to do so?

A : "Ye are gods" means you are part of God. When you realise the godliness in you, you become God. We are in human body. Human body is a limitation- The mind is the product of the brain. You are the mind, but you don't have control over the mind. The experience of mind is limited, so you are governed by the limited experience and as such you are unable to identify with God who is in you. As the mind is ignorant it can not experience God. To realize God you have to go beyond the mind. How can one go beyond mind ? One can go beyond the mind by the stopping of the mind, by becoming thoughtless. When you are one with the mind how can you stop it ? There is a device, there is a technique. Through meditation you can go beyond mind.

Can water drive the engine? No, But when it is heated it is transformed into steam and the steam can run the engine. The water can also say "I and the steam are one". But only when it is transformed into steam by heat does it acquire the energy, the power to move and run the engine. So also man can say "I and God are one." But, one needs the transformation. This transformation is attaining perfection. This transformation is Sadhana. This Sadhana is Meditation. Then it would be possible as Jesus said "You can also do what I do".

21-1-93 : Q : Jesus said, "Blessed are the pure in heart; They shall see God" What does it mean ?

A : Pure in heart means not having any negative thoughts or destructive thoughts. Negative means conflicting thoughts. Ignorance breeds conflict and suffering. Negativity means denial of oneness and eternity. The very denial separates self from the greater Self. What is pure ? It is the greater being that is all pervading and unpolluted. Man, the smaller self, is impurity. Why it becomes impure ? It becomes impure on account of ignorance, selfishness, narrow mindedness. It blocks the flow from the higher being, the greater self.

To be pure at heart means, to become unselfish, become knowledgeable and enlightened. One becomes pure when one knows his Higher Self-when one realises that - 'I and my Father are one'. This self realization alone makes one pure. No amount of struggle otherwise will help him. You cannot remove impurity by mental struggle or techniques. You have to open up your heart so that the Higher Self can descend and then, Impurity simply evaporates. There you see God.

That means not to see God with physical eyes but to see God with the inner eyes - The Third Eye. The Third eye has to be opened by meditating on Higher Self. Then you are blessed.

27-1-93 : Q : Jesus said : "The Eye is the lamp of the body. So if your Eye is sound your body will be full of light; but if Eye is not sound your whole body will be full of darkness". Please elucidate.

A : What is the 'Eye' ? It is not the physical eye; It is the spiritual eye, it is the inner eye. It is the Third Eye.

The physical eyes see the things of the world. It is very limited, sometime distorted. The Inner Eye - The Third Eye sees the other dimensions, the other worlds, the enlightened Masters.

"It is the lamp of the body" means it illuminates the mind which is the product of the brain. It enlightens you. You will have self realisation. You realise that you are not separate from God. You and God are one. "When the eye is sound" means when the inner eye is used not for the selfish ends but for the greater good of the humanity - to enlighten others. "Then, the body will be full of light" means you are an enlightened person. When the third eye is used for selfish ends to increase your ego, to get worldly popularity; to gain worldly things; to have power and control on others, then your body becomes full of darkness. So the third eye needs to be used with great care for self-realization and Enlightenment.

## ON THE IMPORTANCE OF THE PHYSICAL BODY

Medium : N.C Sampath Kumar      Author : Ganapathi

4-3 93 : Master, why should the soul seek human form again for Nirvana, when it can as well rise from higher worlds to Nirvanic state w thout seeking human form? Please clarify?

The six worlds accompanying physical form are six different oscillations in higher frequency, vibrating in a distinct shell without getting mixed up in identity. The astral form's vibrations and goal are different from the causal, spiritual or cosmic forms. They are in shells, without inter permeation. In such a situation, a medium to project through all these worlds without such barriers assumes importance. Astral world energies cannot be of any help to her beings to project themselves from that world directly as the individual characteristics of each world identify their vibrations and tend to keep the others away. Physical form does have vibrations but it has a permeable character to enable ascension through other worlds, gaining that frequency which is appropriate during her travel. It is like a module projected to various spheres, by a specific design to dally through worlds not known hitherto. The physical form's adap-

tability to synchronize with the six worlds, is not there for rest of the bodies. The frequency modulation susceptible to that world is easily available to physical form. Moreover the Astral body in Astral world, or Causal body in Causal world, etc., have to identify their level again in that world and endeavour to gain all the knowledge of the world completely. But that only ends the mission in that world and the next alternative jump into other frequency is not available in knowledge. This becomes a barrier for transcending through the Causal or Astral body. There is not any scope to shape her set to adjust into the other frequencies. The permeation into the higher worlds is not possible.

Vibgyor maintains 7 distinct colours through no separate septa are visible apparently. Same case is with the 7 bodies. The human form or physical form has all the characteristics of 7 worlds. The 7 worlds characters being available to physical form is a great asset, compared to any other form. Though physical form has to greatly struggle for energy to pass through the six worlds, there is no impossibility to veer through. Hence the astral world beings though endowed with knowledge of the world, take every opportunity to take physical form in this world to try their chance to attain Nirvana. The physical form is like a freelance journalist. He can be seen to pass on any information or conduct investigation without

constraints like other employees. The role of a regular employee is fixed and his working within that range does not permit higher investigations. Hence you have to shed that character and adopt another form.

The benefits physical form enjoys are undoubtedly not available to other forms. The benefits range from zero to infinity. But in other worlds the benefits are constant, fixed and assured. The physical body has to shape her energies for a great jump, call it a Quantum jump, to transcend the barrier. This could easily be achieved by a dedicated effort. The physical body can assume any-body, growing in energy consciousness. That is the reason why many elevated souls in higher worlds seek invariably to have a physical form.

Physical form then becomes a medium for higher form. Attainment of Nirvana is only by transcending all levels of energy and proximate world before Nirvanic state has to wait for completion of mission only through a physical form. That's why physical form has a great value. Unfortunately the physical beings falling a prey to lateral attractions and charms have forgotten the asset value of the form and degenerated beyond redemption.

## ON SPIRITUAL MASTERS

Medium : N.C. Sampath Kumar      Author : Ganapathi

The spiritual world speaks its glory in several ways. The spiritual path is the most esteemed in one's life and one should strive to move unswerved from it for eternal bliss. Spiritual means neither being ritualistic nor being totally spirit-oriented. Spiritual route is certain and makes you understand Monism or Dualism with great depth. As the progress is made, all barriers are crossed, paradoxical propositions enter, giving the greatest ever satisfaction desired by a person. This noble path is not too easy to tread. Nor the entering into the groove does automatically slide you smoothly into the deserved, desired end.

The mists of the mind, i.e., The mythical propositions of the mind dissolve completely, while on quest for spiritual glory, and expose the Absolute Truth nakedly to the delight of the seeker. What is truth, what is absolute reality, are realised and eternity is achieved with great certainty. Spiritual path is laid with the great teachings of the Masters which initially appear esoteric to the unevolved mind. As the Awakening dawns, the Masters make the path easy to tread, and pull you out of distractions by an invisible thread.

Spiritual Masters spread their benevolence without any constraints. If the seeker were to unfold his mind for reception, the Master's perception blooms in his mind, glittering his path with wonderful colours and fragrance. Most of the time it is the seeker, who refuses to enter the ever-thrown-wide-open gates of the Master. Masters occupy an unique position in spiritual world, with their exquisite ways of functioning, not easily understandable to the ordinary mortal. To occupy a position of a Master in the spiritual world is not as easy as, say, your going up the ladder in your officialdom. Nothing is automatic. But every happening is certain. Masters are not made, but they become so, by their own relentless, untiring and eternal efforts.

I was always saying to you about the latitude given to a mortal to work in his own individual style. Without this individuality, you would have found tailor made Masters, without any distinctive features. The uniqueness is lost, and ubiquitous designed spiritual Masters would have occupied the world without any significance. If everything rolls out from a die, you do not find any individuality but you find only commonness. The product manufactured turns out into a stale stuff. For that reason alone the latitude on Earth is so vast, so that you can occupy any position and do things not already diecast in any way. This unique feature resulted in

the birth and evolution of Great Masters, each one a distinct model and worthy of emulation. They stand as monuments and typical examples of self-attained glory begotten from humble beginnings. This does not mean that the humbleness is not there with them after they attained glory. Humility is the hall-mark of a great Master and he never exerts his mind to impose anything on the seeker.

The basic characters of all the Masters are all same and each one excelled in their pursuit to such a great height as to hold a un-enviable berth in spiritual kingdom. To know them itself is a great thing and so you can well imagine the benevolence of such Masters, should they chose to personally guide you. They are guiding forces to all seekers of spiritual path and do not hesitate to exert even to enable other seekers to exceed them, should the seeker rise to such an occasion.

When reason and confidence are betrayed in Man, his downfall is certain. In such cases any amount of effort to prevent mishaps can only be exercise in futility. Confidence in an individual is not an automatic process. Confidence arises out of psychic development. When the mind is steadfast and unswerving, the vacillations are arrested. The steadfast mind finds that she or he is secure and able to withstand any amount of trials and tribulations with a rare sense of definiteness. The individual veers

through difficulties without any affectation. Every one needs celestial wisdom to evolute and withstand the turmoils in his life.

Life is not a bed of roses to anyone, be he on mundane level or on Astral level. The struggle to evolute puts him always on a path strewn with thorny bushes, wild flowers, beautiful flowers and tasty fruits. Each one of them, sweet or sour in taste, is a distraction in his path and impedes his progress. The progressive mind, alive to the distractions, bothers little, and runs along the path with a great sense of purpose and devotion. Excellence in a person comes out or blossoms only when he undergoes the rigours. So the trials and tribulations are meant to file your crude natures to become smooth or make you shine by scrubbing constantly. But this philosophy is rarely understood by any one.

Any amount of your beseeching 'God' by prayers to alleviate the pain or suffering is only an endeavour in delaying the blossoming of your inner characters. Life should flow unrestricted and take all moulding in a natural manner without any demur. Such was the nature of all yogis of the past including Rama, Krishna, Christ or Buddha. Emulation needs not only the personality as projected but also the process undergone by the projected personality.

A lovely fruit is not a haphazard creation effected in a trice. The tree undergoes many rough and smooth weathers and nourishes to produce a flower which upon great difficulty ripens into a fruit. You only take the essence or the fruit and forget the process so laboriously undergone. Your emulation of great Masters' ultimate character as projected is only a mockery imitation with a great limitation. One should hesitate to imitate unless he takes up the rough side of the life of the projected individual too.

Nature has not created any disadvantage inherent to any individual for psychic development. Likewise, it has not placed any individual in an advantageous position over the rest. Benevolence of Nature is common, uniform, universal and unaffiliated to likes and dislikes. The one who sails with the nature grabs all the advantages for the shedding of a great deal of his character. This does not mean that he changes his unique characteristics. It only means it moulds his outlook to sail along with the benevolence of nature and identify with it. Immature minds loathe at nature and seek shelter shunning at her projections from time to time. The endowed mental faculties are meant not to shun at things but

## ON FOOD

Medium : N.S. Sampath Kumar Author : Ganapathi

Normal living does not need extraordinary nourishment. Nourishment shall be simple, to sustain the life. The food shall not be expected to be tasty and available material shall be eaten in the form created. "I want this" "I want that spicy food," like that are all subsequent poisonous preparations, not conducive to saner existence.

Food has a great impact on your life. The sustenance shall be not only for physical but for metaphysical life also. In fact, your sustenance is destined for metaphysical life only but you have reversed it. You are now endeavouring to sustain physically without kindling magnificent metaphysics in you. The taste of the food shall be according to what the stomach needs but not what as the tongue dictates. The purpose of the tongue is primarily to have a coherent voice and to aid the stomach in avoiding poison. The gateway needs check for regulating the entry. Food passing through the mouth gets checked up by tongue and beyond that it should not dictate any. The food shall be vegetarian, natural, rawfoods mostly fruits. This aids immensely in meditation. The metaphysical mind needs nourishment which tends to provide positive vibrations. The fruits and vegetables provided to you by Nature are gifts to kindle the metaphysical growth, suppressing the negative vibrations.

The Rishis of the yore are standing monuments for you to follow them in every respect. The Rishis never aspire for food dictated by the tongue. They take very less quantity of raw food and fruits and assimilate them completely so as to keep themselves sustained without getting impaired in any manner. Their style of living and existence never creates any problem to the nature. In fact, nature dances in their presence and vibrates with enthusiasm. The Rishis foster symbiotic relationship everywhere and scrupulously avoid the mishaps even of trivial magnitude. This sensitivity to the Nature is on account of the food they intake.

The fruits and raw vegetables retain in them sensitive code of the Nature for happy, sane and healthy living. The sensitive mind alive to this decodes the message and creates a vibrancy augmenting metaphysical capabilities. The more you become sensitive to nature the more you decode its sensitive vibrations for your enlightenment. Enlightenment feeds on the positive mind and Meditation alone brings out that. Nature nurtures in it all things for you to get enlightened but you are shunning it and living in a shell insulating yourselves from all positive vibrations. The rich food, hence, should consist in more positive vibrations but not in more 'proteinic' aberrations.

## ON JESUS' SAYINGS

Medium : N.G. Shoury

Author : Yogananda  
Paramahansa

26 1-93 : Q ; Jesus said, "Ye are Gods", "you can also do what I do." But why are we not able to do so?

"Ye are gods" means you you are part of God. When you realise the godliness in you, you become God. We are in human body. Human body is a limitation. The mind is the product of the brain. You are the mind, but you don't have control over the mind. The experience of mind is limited, So you are governed by the limited experience and as such you are unable to identify with God who is in you. As the mind is ignorant, it cannot experience God. To realize God you have to go beyond the mind. How can one go beyond mind? One can go beyond the mind by stopping the mind. By becoming thoughtless. When you are one with the mind how can you stop it? There is a device. There is a technique. Through Meditation you can go beyond mind.

Can water drive the engine? No, But when it is heated it is transformed into steam and the steam can run the engine. The water can also say "I and the Steam are one." But only when it is transformed into steam by heat does it acquire the energy, the power to move and run the engine. So also, man can say "I and God are one" But, one needs the transformation. This transformation is attaining perfection. The transformation is Sadhana. This Sadhana is Meditation. Then, it would be possible as Jesus said "You can also do what I do."

**WISDOM  
AND  
REVELATIONS  
OF THE  
NEW AGE  
GRAND MASTERS**



## OSHO RAJNEESH

Meditation is nothing but a device to make you aware of yourself. Meditation is adventure, the greatest adventure the human mind can undertake.

※ A really meditative person is playful. Life is fun for him, life is a leela. He enjoys it tremendously. He is not serious. He is relaxed.

My whole approach is to drop all inhibitions, all taboos, to drop all repressions and become again Adam and Eve.

※ The mind creates a magical world of its own, a dream world, and then the real world is lost. That's what is creating the world - the mind. Once the mind is no more the master of your being, things start flowing again. Again there is joy and again there is dance; again there is love and life and eternity.

.. This small thing has to be done—the mind has not to be listened to.

Sleep is the need of the body;  
Orgasm is a need of the mind; and  
Samadhi is the need of the

❖ Science gives better houses, better cars, better technologies, better standard of living, but it cannot give us a significant life. It cannot give meaning to us. It cannot give us ecstasy.

❖ A s̄thetics should be the only religion;

Poetry and Dance should be the only prayer;

To be creative should be the only way to God.

❖ Life owes nothing to us and we owe everything to life. It goes on giving gifts and gifts and gifts. That's why suicide is thought to be the greatest of sins. The reason is that life is such a beautiful gift and you return it back to god, you don't feel grateful. On the contrary, you are angry, you are in a rage.

❖ Suicide is the ultimate in ungratefulness and prayer is the ultimate in gratefulness

❖ Walk like God, walk as you would if you were a God, and you will suddenly see many changes happening in your energy. Sit like a God, talk and behave, communicate, but always remember that you are God and so is the other.

❖ Forgive others, but even more, forgive yourself.

... Love unconditionally and forgive unconditionally and you will not accumulate any Karma.

Accept life. Accept life with all its joy and all its badness. Rather than trying to seek God somewhere else, start looking for him here-now, in the people in the market place. He is here, very alive and kicking.

To sad people nothing happens, and when nothing happens, they become more sad.

Be more cheerful and then you will see many things coming in your way

Whenever you start thinking of the future and the past too much, just relax, and pay attention to breathing. Every day atleast for an hour Just sit in a chair, relaxed, making yourself collected, and close your eyes. Just start looking at the breathing. Don't change it; just look, watch, By watching it, it will become slower, slower and slower.

\* Normally they teach that one has to be moral to be able to meditate. However, the truth is that one has to be meditative to be moral.

## LOBSANG RAMPA

⌘ You always have to have a body. So down here on Earth we have a physical body. So when we leave this earth, we shall vacate our earth body and then we shall go to the astral world and live in the astral body, and, of course on each stage our body will be absolutely as solid as all those other bodies which are around us.

⌘ We build up energy for a new astral body from what we are doing on what is at that moment our earth, or the world of physical existence.

⌘ You will not be able to astral travel unless you are thoroughly convinced of its existence. Secondly, you must believe that you can do astral travel. Thirdly, you must have no fear of astral travel. Fear will definitely prevent you from getting out of the body. Finally, you must have no intention of using the ability for anything wrong.

And then you definitely visualize yourself getting out of the body....any one who can comply with the conditions can do astral travel, anyone.

⌘ Earth is just a training school, and if we don't make a good job of it now - well, we keep on coming back until we have more sense.

⌘ We do evolve from a one dimensional entity right upto uncountable, unmentionable dimensions until at last we become one with the Overself, and then when we are one with Overself, the Overself is complete, and then it too has to go on to further evolution. You cannot have things stationary. In any form of nature, nothing is stationary.

⌘ When you die, i.e., when your physical body is finished with this earth and your astral entity goes on to the astral world, it has to stand alone and answer for successes and failures.

⌘ You have your body, let's call your body the Overself. And then you have a right hand, a left hand, a right foot, and a left foot, lets call them your puppets. So your hands and feet are definitely part of you, are n't they, they are, definitely related to each other, so in precisely the same way the other people who are the puppets of that one Overself are related, are connected, are dependent upon each other. And the Overself has to manage each of these puppets in the same way that you have to manage your hands and feet.

## RICHARD BACH

⌘ Don't believe what your eyes are telling you. All they show is limitation. Look with your understanding, find out what you already will see the way to fly.

⌘ What we imagine is exactly what we find.

⌘ You are life, inventing form. No more can you die

⌘ By your choice dwell you now in the world which you have created. What you hold in your heart shall be true, and what you most admire, that you shall become.

⌘ We can have excuses or we can have health, love, longevity, understanding, adventure, money, happiness. We design our lives through the power of our choices. We feel most helpless when we have made choices by default, when we haven't designed our lives on our own.

⌘ We generate our own environment. We get exactly what we deserve. How can we resent the life we have created for ourselves? Who is to blame? and who is to credit, but us? who can change it, anytime we wish, but us?

⌘ The mark of your ignorance is the depth of your belief in injustice and tragedy.

⌘ Every person, all the events of your life are there because you have drawn them there. What you chose to do with them is upto you.

⌘ You are never given a wish without also being given the power to make it true. You may have to work for it, however.

⌘ Argue for your limitations, and sure enough they are yours.

⌘ You teach best what you most need to learn.

⌘ Your only obligation in any lifetime is to be true to yourself. Being true to anyone else or any thing else is not only impossible but the mark of a fake messiah.

⌘ The simplest questions are the most profound.

Where were you born?

Where is your home?

Where are you going?

What are you doing?

Think about these once in a while and watch your answers change.

⌘ There is no such thing as a problem without a gift for you in its hands.

You seek problems because you need their gifts.

## DON JUAN

### Master of CARLOS CASTANEDA

#### SEEING

- ⌘ The capacity of human beings to enlarge their perceptual field until they are capable of assessing not only the outer appearances, but the essence of everything is called seeing.
- ⌘ When I focus my seeing on a given time, I know everything that took place.
- ⌘ Seeing is a peculiar feeling of knowing something without a shadow of doubt.
- ⌘ In seeing, you witness strange worlds.
- ⌘ Under the direction of great seers, populations of entire cities went into the other worlds and never came back.

#### SELF - IMPORTANCE

- ⌘ Self-importance is our greatest enemy. What weakens us is feeling offended by the deeds and misdeeds of our fellow men. Our self-importance requires that we spend most of our lives offended by some one.

Every effort should be made to eradicate self-importance

- ⌘ Without self-importance, we are invulnerable.
- ⌘ Self-importance is not something simple and naive. On the one hand, it is the core of everything good in us, and on the other hand, the core of everything that is rotten. To get rid of the self-importance that is rotten, requires a master-piece of strategy. Seers, through the ages, have given the highest praise to those who have accomplished it.

APPRENTICE - WARRIOR - KNOWER - SEER.

- ⌘ The first step is the decision to become apprentices. After apprentices change their views about themselves and world, they take the second step and become warriors, which is to say, beings capable of the utmost discipline, and control over themselves. The third step, after acquiring forbearance and timing is to become men of knowledge. When men of knowledge learn to see they have taken the fourth step and have become seers.

FORBEARANCE.

- ⌘ Forbearance is to wait patiently no rush-no anxiety, a simple joyfull holding back of what is due.

## IMPECCABILITY AND UNBENDING INTENT

All that is required is impeccability, energy, and that begins with a single act of deliberate, precise, and sustained nature. If that act is repeated long enough, one acquires a sense of unbending intent, which can be applied to anything else.

※ If that is accomplished, the path is clear. One thing will lead to another until the warrior realises his full potential.

## THE WORLD AND ITS PERCEPTION :

※ The world is as it looks and yet it is not. It is not as solid and real as perception has been led to believe, but it is not a mirage either. The world is not illusion, as it has been said to be, it is real on one hand and unreal on the other.

※ We perceive. This is a hard fact. But what we perceive is not a fact of the same kind, because we learn what to perceive.

## OUR SENSES

※ Our senses are capable of everything. Our senses can detect everything we are surrounded by.

⌘ It is the seers' conviction that we have tapped a very small portion of ourselves.

### LUMINOUS COCOON :

⌘ For a seer, men are luminous beings. Our luminosity is made up of that portion of the Eagle's emanation which is encased in our egg like cocoon. That particular portion, that handfull emanations that is encased, is what makes us men.

### ASSEMBLAGE POINT

⌘ We are, in essence, an assemblage point fixed at a certain position on the luminous cocoon. Our enemy and at the same time our friend is our internal dialogue; make your inventory and then throw it away. The new seers make accurate inventories and then laugh at them. Without the inventory the assemblage point becomes free.

### ENERGY AND WARRIORs

⌘ The first attention consumes all the glow of awareness that human beings have, and not an iota of energy is left free.

⌘ Warriors, since they have to enter the unknown,

have to save their energy.

They have to save their energy from eradicating unnecessary habits. This detaches awareness from self-reflection and allows it the freedom to focus on something else.

### WE ARE ENERGY

>Your flaw is to remain glued to the inventory of reason. Reason doesn't deal with man as energy.

We are better than instruments; We are organisms that create energy. We are a bubble of energy.

### WARRIOR'S GOAL:

Warrior's only search is the ultimate liberation that comes when they attain total awareness

Warriors prepare themselves to be aware and full awareness comes to them only when there is no more self-importance left in them.

Only when they are nothing do they become everything.

## STOPPING OF INTERNAL DIALOGUE

⌘ The internal dialogue is what keeps the assemblage point fixed to its original position.

⌘ Once silence is attained, everything is possible.

⌘ The internal dialogue stops in the same way it begins; by an act of will.

⌘ We will to talk to ourselves. The way to stop talking to ourselves is to use exactly the same method; We must will it, we must intend it.

## R SILENCE:

Once inner silence is attained the bonds that tie the assemblage point to the particular spot where it is placed begins to break and the assemblage point is free to move.

## OTHER WORLDS

⌘ Once the assemblage point moves beyond a certain limit, it can assemble worlds entirely different from the world we k

## LINDA GOODMAN

❖ Reading about metaphysical subjects is necessary.....Books are undeniably a swift short cut to enlightenment.

What the earthlings call the Past, Present and Future are all one - taking place simultaneously.

❖ The first rule is to find what kind of work will allow you to labor with love.

❖ Medicine always treated the disease the patient has. Medical Astrology and Homeopathy treat the patient who has the disease.

❖ Whether you consciously realise it yet or not, you have enrolled yourself by choice (on the level of your Higher Self) in a spiritual class room. And the school of karma (Macrocosm) is just like any Earth school in most respects - and if you have learned particularly well, you may even skip a grade or so.

- ※ Every physical illness, without a single exception, is the result of the initial cause of certain mental and emotional attitudes.
- ※ What you eat and what you think is what you are. Fruit is the food most beneficial to your body's well being. The ultimate goal is to become a Fruitarian, eventually, part time breatharian.
- ※ You have been taught that your body must have proteins (meat) to be healthy.  
You have been taught a myth.
- ※ Becoming a Fruitarian is a giant step for Body, Mind and Soul.
- ※ Your Overself (or Spirit - or the Angel of Your Higher Self) is always there .... never separated from your mind and soul (which are, by the way, outside the body). Either in life or in death. Always there, lovingly ready to guide and help you over the rocks when things get rough, but unable (because of the gift of Free Will) to force wisdom or power upon you.

⌘ And nothing on this planet is a coincidence. Or in any other planet. Or in any solar system or universe. However major or microscopic, every event is linked to an unguessed, invisible, interlocked cosmic pattern.

⌘ Physical immortality-perpetual longevity, sans illness and ageing- eternal, healthy life in your living flesh is not a fantasy, but a practical and attainable possibility.

⌘ Physical immortality is natural and physical death is unnatural. As long as you continue to strengthen your life urges, and ignore your programmed death urges, you will go on living.

⌘ You die because you believe you must. Your mind and soul have submitted to it. Ourselves (the You of-you) knows better.

⌘ Your body is an energy system, capable of infinite improvement and perfection. It may be difficult to conceive of our own self as the source of all healing, but to believe anything else is to accuse the creators of your Spirit of doing a poor job.

⌘ Money must never change hands between esoteric teacher and student.

⌘ All great truths are simple.

⌘ Men taught animals to be carnivorous,

are the first step in manifesting wishes into reality.

⌘ Stars incline, they do not compel.

⌘ All deaths are against the law of eternal life.

⌘ You can accomplish either (a) age prevention,  
Or (b) age reversal, if necessary.

⌘ The deathist theology can last only as long as you cling to it.

⌘ When you are ready, your personal teacher will instruct you in the Socratic method; by helping you remember what you already know but have forgotten. Basically, the Socratic method consists of the teacher asking the student questions, not telling them something

※ You do know every thing there is to know, written indelibly upon the ethers in what has been called as the Akashic Records.

You can read them, as did mystics like Edgar Cayce, you have only forgotten how.

※ Every action ever taken, every word ever spoken - remains - on a higher frequency vibration - and may be magnetized back into conscious awareness under certain conditions.

※ But real truth can be found in one place only - in every man's and woman's communion with an eternal source of hidden knowledge within - which each individual must seek and find for himself or herself.

※ The Mind - of both women and men - is masculine. It operates through the masculine brain

The Soul - of both men and women - is feminine. It operates through the feminine Third Eye

⌘ The "Silver Cord" is actually seen by the Third Eye as sparkling silver, possessing an unlimited stretch capacity, and is not only a visible cord but also an audible (to the Inner Ear) musical chord of extremely high frequency.

⌘ All deaths are suicides, the only distinction is that, with some people, suicide is a subconscious choice, and with others it's a conscious choice, otherwise, those who commit suicide and those who succumb to accident, illness or old age die for exactly the same reason, belief in the inevitability of death.

⌘ Now, there is the real culprit - the concept of "the prison of the flesh". But, is the flesh body, called the "Temple of the Soul" - a prison?

⌘ You were, once, countless of forgotten eons ago, Spirit. You still are, essentially, but now you are a spirit—plus a mind and a soul—a flesh body and an astral body. One might say you have more or less cloned yourself.

⌘ This guardian angel—the real You-of You.... possesses all wisdom, all truth, all innocence, and all power. But he or she cannot initiate effective communication. You must do so [(and here "you" means your own Mind (Operating through the computer, brain) and your own Soul (Operating through the Third Eye)]. You must initiate and establish communication. You must, with your Free Will, chose and decide to tune into your Higher Self and receive, thereby, all the power which has always been your birth-right, since your first incarnation into a flesh body.. and all through your subsequent incarnations, including, of course, the present one. One might say it's eternally true that "its your move" in the spiritual game of chess.

⌘ Every cell in the human body replaces it self over a period of seven years. Except for brain cells, a most important exception for you to remember.

Alcohol burns out brain cells, and even though you have over 42 billion of them becoming magic requires as many as you can keep healthy.

## SETH

-Self of JANE ROBERTS

⌘ You are not stuck in time like a fly in a closed bottle, whose wings are therefore useless. You cannot trust your physical senses to give you a true picture of reality. They are lovely liars, with such a tale to tell that you believe it without a question.

⌘ I have donned and discarded more bodies than I care to tell.

⌘ There is a portion of your, far deeper identity, who forms both the inner ego and the outer ego, who decided that you would be a physical being in this place and in this time. This is the core of your identity, the psychic seed from which you sprang, the multidimensional personality of which you are a part.

⌘ Scientists say now, that energy and matter one. They must take the next full step to realize that consciousness and energy and matter are one.

⌘ All species are motivated by Value Fulfilment in which each seeks to enhance the quality of life for itself and for all other species at the same time.

⌘ Animals do not blame human beings for anything. If as a species you really found yourselves communicating with the animals, you would have an entirely different culture, a culture that would indeed bring about an alteration of consciousness of the most profound nature.

⌘ Using the Inner Senses we become conscious Creators, Co-creators. But you are unconscious co-creators, whether you know it or not.

⌘ The Inner Senses open your range of perception, allow you to interpret experience in a far freer manner. My purpose is to open your Inner Eyes.

⌘ Each atom and molecule has its own consciousness; consciousness and matter and energy are one, but consciousness initiates the transformation of energy into matter.

⌘ So, beside this spontaneous creation this

simultaneous stream of divine arousing, All That Is began to watch the interactions that occurred among His own subjective progeny. He listened, began to purposefully bring about those mental conditions that were requested by these generations of progeny. If He had been lonely before, He was no longer.

⌘ Travel in peace and joy and safety, in your bodies and out.

⌘ Ancient Rome exists, and so does Egypt and Atlantis. You not only form the future, but you also form the past. You and your reincarnational selves or personalities are imprisoned in time. There is a constant interchange going on between what you think of as your present self, and your past and future selves.

⌘ Do not personally give any more conscious consideration to events that you do not want to happen. Any such concentration, to whatever degree, ties you in with those probabilities, so concentrate only upon what you want.

⌘ The future is a probability, nothing exists there yet. It is virgin territory to be planted by feelings and thoughts in the present. Therefore, plant accomplishments and successes. Remember that nothing can exist in future that you do not want to be there.

⌘ Physically speaking, man's "purpose" is to help enrich the quality of existence in all of its dimensions.

Spiritually speaking, the "purpose" is to understand the qualities of love and creativity, to intellectually and psychically understand the source of his being, and to lovingly create other dimensions of reality of which he is presently unaware.

⌘ Any event that you perceive is only a portion of the true dimensionality of that event.

⌘ Creation is continuous, spontaneously occurring everywhere, and everywhere simultaneously in a kind of spacious present. There is always new energy and all are open, even though they seem to operate separately.

❖ Your body consciousness is like that of any animal. Think of your body as a healthy animal. Animals and body consciousness, they do possess their own mental attributes and emotional states.

Now OB EASY TO GET IN, BUT IT'S A LOT TO GET OUT OF.

❖ Be reckless in the expression of the ideal, and it will never betray you.

❖ If you are alert and curious while dreaming (and you can learn to be), then you can catch yourself in the act of creating a dream's past and future at once.

❖ I am saying that the individual self must become consciously aware of far more reality; that is, must allow its recognition of identity to expand. Move beyond the concepts of one god, one self, one body, one world, as these ideas are currently understood.

❖ In the terms of one lifetime such achievements are practically impossible, individuals choose to develop certain portions of their abilities, and such a choice often necessitates ignoring other talents.

※ The world is indeed like theater at any given time, but the play is not pre-ordained or laid out. It is instead a spontaneous happening in which over-all themes are accepted before hand. Each "greater personage" takes several parts, or brings forth general psychic children who spring to life as individual human beings.

※ If you believe firmly that your consciousness is locked up somewhere inside your skull and is powerless to escape it, if you feel your consciousness ends at the boundary of your body, then you sell yourself short.

※ Physical reality has always been refreshing to me.

※ The self that you know is but one fragment of your entire identity.

※ Nothing exists—neither rock, mineral, plant, animal, nor air—that is not filled with consciousness of its own kind.

※ When you trust the thrust of your own life you are always supported.

- ※ Each reader is a portion of his or her own entity, and is developing toward the same kind of existence that I know.
  
- ※ Your reality is no more legitimate than any other, but it is the only one you perceive.
  
- ※ It is not that physical reality is false. It is that the physical picture is simply, one of an infinite number of ways of perceiving the various guises through which consciousness expresses itself.
  
- ※ We do not feel the need to conceal emotions, we know it is basically impossible and undesirable.
  
- ※ When you arrive or emerge into physical not only your mind not a blank state, but you are already equipped with a memory bank far surpassing that of any computer.
  
- ※ You may think of your soul or entity as some conscious and living, divine inspired computer who programs its own existences and life times.

**THE NEW AGE**  
**SPIRITUAL**  
**PHILOSOPHY**



## The New Age Spiritual Philosophy

※ The New- Age Spiritual Philosophy can be briefly summarized as follows:-

※ GOD:- Man is God, as all else is.

※ SPECK OF E.C.K.: Man is an eternal speck of Energy, Consciousness and Knowledge, as all else is.

※ POTENTIALITY: Man's potentialities are infinite, as everything else's is.

※ COSMOS: There are infinite universes. The present, visible physical universe, is only one among them. The infinity of universes is called as Cosmos.

※ ENLIGHTENMENT: Enlightenment is understanding that you are a god amidst an infinity of gods. Enlightenment is understanding the Ultimate Reality. Enlightenment is understanding you alone create your reality. Other gods create their own realities.

※ **LAW OF KARMA:** Man is responsible for his/her own actions. He/she reaps what he/she sows. The 'other' never come into picture. Only efforts give rise to effects. No-efforts mean no results.

※ **CYCLE OF INCARNATIONS:** Man has several lives to live on the Earth School so that he/she may finally graduate out and reach the status of Over-Self and thereby complete the cycle of incarnations.

※ **SIMULTANEOUS LIFE-TIMES:** All 'past', 'present' and 'future' incarnations are all simultaneously happening. Realising this, a person breaks out of the illusionary 'time' concept.

**PURPOSE OF LIFE:** Man, as anything else,

i) To enjoy himself/herself and the world

know himself/herself and to know

❖ **LOVE** : The joy of life is Love, and Love is a feeling of tenderness towards all beings of the cosmos.

❖ **GOOD AND BAD** : Happiness is always obtained through good and positive actions. Unhappiness always results through bad and negative actions.

❖ **MEDITATION** : Progress is obtained through Meditation. Meditation, per se, is activating and perfecting the Inner Senses, called together as Third Eye; or developing what is generally termed as ESP.

❖ **INNER CHATTER** : For meditation to happen, first, the continuously existing "inner chatter", must cease. A no-thought state must be reached.

❖ **ANA-PANA-SATI** : The technique to go into meditative state is practicing Ana-Pana-Sati i.e. being mindful of inhalation and exhalation, to the exclusion of all other thoughts.

❖ **PROBLEMS** : 'Problems' and situations in an given life-time are self-planned and self-picked

before each embodiment. Thus, they only represent challenges to stimulate personality growth. They are not mechanical 'punishments' or 'rewards' automatically rising out of previous 'sins' or 'good works'.

❖ **EVENT FORMATION:** No event is totally pre-determined or accidental. Important events are only pre-planned before each embodiment. Events are formed solely by the exercise of Free will at each given moment in the present. Nothing is by chance, but everything is by choice.

❖ **DREAMING:** 'Sleep' or 'Dream' state is as much an active and personality-forming state as the normal 'wakeful' state.

Dreams are awakeners of the mind of the past, the future to come, or the present to be enjoyed. Conscious dreaming, and better still, coming awake in the dream scenario in the midst of dreaming, are the foremost among New-Age spiritual practices.

❖ **VEGETARIANISM:** Vegetarianism, culminating in being a Fruitarian, is cardinal New Age spiritual philosophy. Mankind is charged with responsibility for the physical welfare and psychic development of its brethren, the Animal kingdom.

❖ HEALING : All healing must be through 'natural' healing and through the exercise of 'intent'; and as a result of learning corresponding lessons.

❖ SWADHYAYA : 'Swadhyaya' or reading all the books written by enlightened Masters and Third Eye persons is a must. This is not optional, but mandatory.

❖ EXCHANGE OF EXPERIENCES : Meditators and enlightened persons should exchange their meditative experiences and wisdom. This is not optional, but mandatory.

SILENCE : Words can only approximate the truth of one's feelings and one's understanding.

Silence is the only total and complete medium of expression and communication.

AXIS CHANGE : The urgent spiritual task now is to prepare the mankind for the impending Axis Change that is to catapult Earth into the New Age. This will happen towards the end of 1996, during which as much as 90% of the world's population will be shifted to astral worlds.

❖ **OVER-SELF** : All physical beings are expressions and part of trans-physical personality-gestalts.

Thus, men and women are Aspect-Selves of their own Source-Selves. Each Source-Self lives through its Aspect Selves in many dimensions of reality simultaneously. The Source-Self progresses through the trials and tribulations of its Aspect-Selves.

This Source-Self is also called as the Higher-Self; Over-Self; 'Poorna-Atma' etc.

❖ **PHYSICAL IMMORTALITY** : Physical old-age and physical death are not 'inevitable' and 'natural' phenomena. They arise only out of ignorant thinking and ignorant activities.

Physical Immortality means ability to prolong physical living as long as we wish to. To be able to transform the 'matter-body' into an 'energy-body' and finally into 'thought-body'.

Ultimate Reality : Matter is the crystallization of Energy. Energy is the creation of Thought. Thought is the function of Consciousness. And Consciousness is the Ultimate Reality.

**END PIECE**



## END - PIECE

So, we have come to the end of our book. The work of the Kurnoot Spiritual Society is now open to the public.

### THE KURNOOL SPIRITUAL SOCIETY

The Kurnool Spiritual Society reveals the shortcomings and inadequacies of all religions and signals their end in the forms existing.

※ The Kurnool Spiritual Society announces the crystallization of one universal spiritual science woven out of the collective discoveries of all the Masters, past and present.

※ The Kurnool Spiritual Society is a harbinger of New-Age precepts and New Age practices in this part of the country.

※ The Kurnool Spiritual Society is a model on which similar Spiritual Societies can spring up everywhere else.

Work done by the Society, so far, can be put into three categories.

Training earnest students in the intricacies of  
Meditation and Enlightenment

Training earnest students in the Science of Meditation and Enlightenment is the main aim of the Kurnool Spiritual Society. In short, to show them the way to become Masters.

The Masters, the New Age Persons, who have become Free, function as nuclei of sane thinking and sane living amidst the general chaos of the present day spiritually-poorished mankind.

The Kurnool Spiritual Society, formed by a group of Masters, is helping many a Master to come to light.

Each of the Masters, in turn, is capable of inspiring others to become Masters.

Establishment of a unique Pyramid

Meditation Centre :

For the first time in the country, a unique Pyramid Meditation Centre is established and thrown open to the public.

The concept of pyramid meditation in particular, and pyramid power in general, has been well planted in the public mind.

The Pyramid Meditation Centre, Kurnool, serves as a model for similar pyramid meditation centres to come up everywhere through out the country.

The pyramid is a New-Age symbol for meditation and enlightenment, replacing Old-Age concepts of Temple/ Church/ Idol worship/ Prayer etc.

Even casual visitors to the pyramid have felt powerful vibrations and experienced deep peace and transformation.

Sitting inside the pyramid, either in silence or in meditation, the stressed minds have received freshening and vitalising cosmic energies.

The committed and dedicated meditators have experienced ready help from the Astral Masters in their efforts to activate the kundalini; to open the Third Eye, and to obtain contact with their Over-Selves.

Bringing All The New Age Spiritual  
Masters and Their Teachings Under One  
Common United Roof

giving the teaching and wisdom of all the New-Age Grand Masters of Spirituality, Meditation and Enlightenment, under one common roof is another signal contribution of the Kurnool Spiritual Society.

THE NEW AGE MAN

To sum up, what is it to be, like a New Age Man?

❖ The New-Age Man dances; celebrates; and lives happily and spontaneously, come what may, without any thought of past and future. He/she is utterly in the present. He/she is free of all repressions and has become like a freely moving cloud..... a la Osho Reineesh.

❖ The New - Age Man strives to activate his Third-Eye and develop the ability to do Astral Travel so that he / she may travel freely into all the Space and Time corners of the infinite Cosmos .. .  
..... a la the Rampa way

❖ The New-Age Man tries to soar into the heights of Spiritual freedom and understandings, meet Alternate Selves at will, be united with the Soul-Mate or Twin Soul

.....a la Richard Bach.

❖ The New-Age Man's achievement is Sobriety and Impeccability. And total eradication of Self-Importance. He / she is forever a true Warrior, a person who has overcome the four enemies - Fear, Clarity, Power and Old Age

.....a la Don Juan.

❖ The New-Age Man's prime goal is to achieve Physical Immortality, to leave behind all degrading ideas of "inevitable death" for once and all.....

.....a la Linda Goodman.

❖ Finally, the New-Age Man aims to absorb the magnificent teaching and revelations of the "SETH" Consciousness i. e., the ultimate wisdom of the Over-Self, so that his/her training as an under-self is completed. He/She takes up well-earned place as a new Overself, capable of producing own mental children at the end of the assignments on Earth.

.....a la 'SETH'

※ The New Age person has traversed The Path as shown by the Buddha.

He / She has travelled.

- 1) From Wrong Views to Right Views.
- 2) From Wrong Resolves to Right Resolves
- 3) From Wrong Speech to Right Speech.
- 4) From Wrong Action to Right Action.
- 5) From Wrong Way of Earning to Right Way of Earning Living
- 6) From Wrong Effort to Right Effort.
- 7) From Wrong Attention to Right Attention.
- 8) From Wrong Meditation to Right Meditation.

※ The New-Age person has, at last, become one with THE TRUTH, and one with all the Masters

In fact,

the New-Age person,

himself/herself

HAS BECOME A MASTER.

